



ENGLEWOOD

CITIZEN

WINTER 2017 | CITY MAGAZINE & RECREATION GUIDE

A Century of Care

Englewood's Medical District
Where People Make a Difference

Recreation
Guide

 Englewood
COLORADO

LIVING WITH CONSTRUCTION NEXT DOOR

Helpful FAQs when faced with new development and construction near your home or business.

Q What are the permitted construction hours?

A Construction hours are 7:00 a.m. – 7:00 p.m., seven days a week.

Q Why are there paint marks on my street or sidewalk?

A They typically show where existing underground utilities are located; in some cases, a surveyor may use paint to mark property lines.

Q The house next door is being demolished and I'm concerned about asbestos.

A The State of Colorado requires asbestos testing and abatement (if required) prior to demolition. The City requires proof of the state's clearance letter prior to issuing a permit.

Q If a Building Permit was issued, how can I find out what was approved for construction?

A The Building Division retains a copy of the approved plans, which may be viewed by completing an Open Records Request at the Building Division located at 1000 Englewood Parkway from 8:00 a.m. to 5:00 p.m., Monday through Friday.

Q How long will the construction project take to complete?

A It varies depending on the size of the project. Small residential projects may take six to nine months, while a larger commercial or multi-unit project may take two years.

Q Can the contractors park their vehicles on the street in front of my house?

A Most streets in the City are open for public parking; however, as a courtesy, contractors are asked to park in areas that have less impact on residents.

Q Can the contractor close the street, sidewalk, or alley; and how long can they have a dumpster?

A A contractor may obtain a permit to close all, or a portion, of the street, sidewalk, or alley for a limited time. Dumpsters may be placed for a maximum of 180 days and must be in front of the permitted property.

Q Who is responsible for insuring construction is completed according to plan?

A City inspectors inspect on-going construction activities to ensure that the work is completed according to approved plans.

Q There is a lot of dust or erosion coming from the construction site. What is required?

A The contractor is required to maintain erosion protection measures for the duration of the project. Disturbed areas on the site are to be stabilized within 60 days by seeding, mulching, paving or other approved methods.

Q Is landscaping required to complete the construction project?

A Yes. In most cases, landscaping is required prior to obtaining a Certificate of Occupancy.



303.762.2342 • englewoodco.gov

Let it Snow!

HOLIDAY PARADE & TREE LIGHTING

Sponsored by the Greater Englewood Chamber of Commerce
and the City of Englewood

Saturday, December 2 ♦ 4:00 pm

After the parade, enjoy a tree lighting ceremony, music, hot cocoa, kids' activities, & more!
CARRIAGE RIDES * TRACKLESS TRAIN RIDES * WRITE LETTERS TO SANTA

Join the Parade!

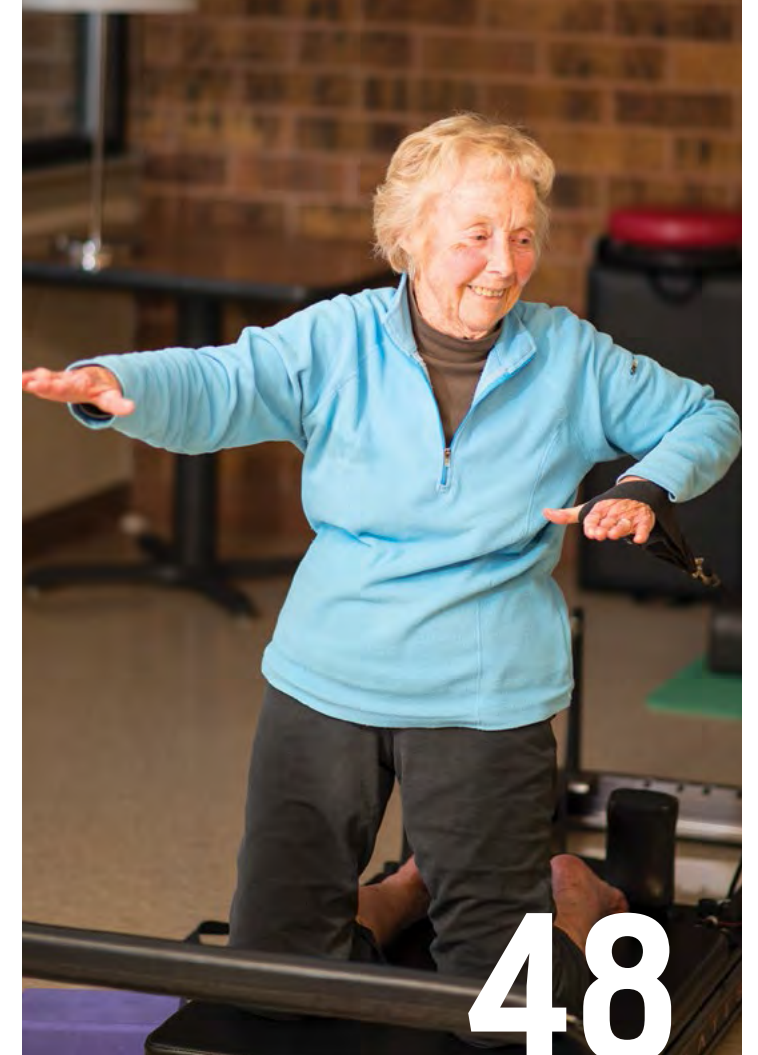
Local community groups and organizations are invited to participate in the parade.

Registration Rules:

- All entries should incorporate the parade theme: **Let it Snow!**
- Floats strongly encouraged
- Registration deadline: **Friday, November 17**
- Apply online at MyEnglewoodChamber.com



Visit Englewoodco.gov or MyEnglewoodChamber.com for event details.



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JOE JEFFERSON
MAYOR OF
ENGLEWOOD



As we near the end of the year and Council term, I'd like to highlight some Englewood accomplishments. First and foremost, we continue to focus on the sustainability of our operations with an emphasis on economic development and effective management of our resources.

City Council and City staff have worked hard to create a community that fosters a robust local economy. Our local businesses add to our quality of life because Englewood relies heavily on the sales and use taxes of our businesses to help pay for community services. We continuously strive to improve the perception of our community as a desirable place to live and work and because of this, we have attracted an impressive array of new businesses over the last two years. New programs and partnerships have been established that offer services and resources for business attraction and retention. I encourage you to support our local businesses!

Englewood is a city where we are all blessed with a unique high quality of life which includes our bustling business community, innovative school districts, community history, world-class cultural arts, wonderful natural resources and renowned recreational amenities, and so much more. It has been our goal to improve our community through communication about all of these benefits and utilize new channels like this magazine, our website, social media, public events, public improvements and local media outlets. We also continue to improve services for our residents. The City just launched a new upgraded website that is more functional and mobile friendly. Our police force is being expanded in 2018 to improve public safety.

Englewood is a city where
we are all blessed with a
unique high quality of life

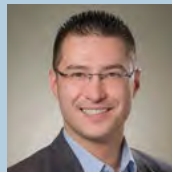
We are seeing substantial physical improvements to our public spaces, making them more desirable places to be. I'm especially excited to see our "new" historic downtown (the 3400 block of South Broadway) take shape. With some planned public and private improvements, we will foster more economic vitality and a more recognizable community identity. We are also finalizing the design and contracting for our new police station that will help make our community safer. Finally, we have also improved the sustainability of our public events by partnering with local businesses and have added a new signature event in Englewood, our Englewood Block Party on Broadway!

It has been an honor to serve our community on City Council for the last 10 years. I am proud of what we as a Council have accomplished over the last two-year term. It is a dream to represent my hometown, Englewood, as the first known Chinese-American mayor in Colorado history. Our City has emerged from the depths of the great recession and is now arguably stronger than ever before. Englewood is a wonderful place that I'm proud to call home. Together we will ensure that our community continues to be a desirable place into the future.

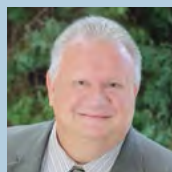
As always, I invite your comments, questions, or concerns by e-mail or phone.

Respectfully,
Joe Jefferson, Mayor
jjefferson@englewoodco.gov • 720-373-5639 • englewoodco.gov/joe-jefferson

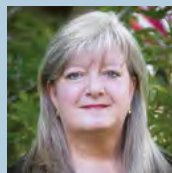
CITY OF Englewood CITY COUNCIL



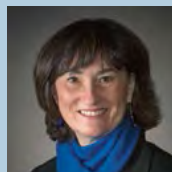
**Mayor
Joe Jefferson**
District 1
720-373-5639



**Mayor Pro Tem
Rick Gillit**
District 4
303-246-4780



**Laurrett
Barrentine**
District 3
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Linda Olson
District 2
303-789-4799



Amy Martinez
At Large
720-238-3959



Rita Russell
At Large
303-639-6181



Steven R. Yates
At Large
303-720-9817

AMY MARTINEZ
COUNCIL MEMBER
AT LARGE



The City has set a goal to reduce our energy consumption by 1% annually through 2030. To accomplish this, we have several initiatives to help us reach our goals!

Biogas Project at Wastewater Treatment Plant

A new biogas reutilization project is on the horizon for our local wastewater treatment plant! We will take gas produced during the digestion process, treat it and use it as salable fuel. This project will reduce our greenhouse gas emissions as well as provide additional revenue for the plant. The plant accounts for 76% of our municipal energy usage, so making changes here will have a huge impact on our overall energy saving goals.

Energy Efficiency Grant Funds Available for Homeowners

The City of Englewood receives Community Development Block Grant (CDBG) funding to assist homeowners in creating more energy efficient homes. For the past seven years, the City has participated and submits an application annually to Arapahoe County for CDBG funds that support the program. The grant amount is \$8,000 with a 20% match from the homeowner. To date, 100 homeowners in our City have taken advantage of the program and in 2018, 14 additional homeowners will be eligible to participate. To see if you qualify, and to get your name added to the waiting list, please call the Community Development Department at 303-762-2347.

Energy Saving Tips for the Holidays

Many folks in our City like to spread holiday cheer by decorating their homes with holiday lighting. Here are a few ways to save energy (and money):

- Put your lighting display on a timer and unplug when not in use. No sense in providing light unless it is dark enough to enjoy. This goes for Christmas trees as well.
- Turn off room lights when your tree lights are on.
- Switch to LED lights which use less electricity than traditional lights.
- Use reflective decorations, these will still look lovely at night and require no electricity!
- When you have guests over, turn down your thermostat a bit. Take advantage of the extra body heat.
- Walk around the neighborhood to see lighting displays instead of driving. As an added bonus, you may meet new neighbors!

Thank you for the honor and privilege of allowing me to serve you!

Amy Martinez, Council Member at Large
amartinez@englewoodco.gov • 720-238-3959

LINDA OLSON
COUNCIL MEMBER
DISTRICT 2



On a recent flight east this summer, I sat next to a woman who said she had just spent the week visiting a relative in a metro area hospital. She eagerly shared her experiences and observations about the amazing medical and therapy staff, the 21st century facilities, the beautiful setting of the hospital, and the neighborly

feel of restaurants in the area. As she shared more details, it became clear that her loved one was being cared for at Craig Hospital after surviving an accident. I was so proud to tell her that she had just visited Englewood and one of the jewels of our medical district.

This issue of the *Englewood Citizen Magazine* celebrates the roles that both Craig Hospital and Swedish Hospital play in our community. Great communities have strong health and hospital providers, and we are fortunate to have two of the best hospitals in District 2 of Englewood. Not only do Swedish and Craig provide some of the best medical, surgical, and brain trauma care in our region, they are engaged in research that promises to make our lives better in the future. Their long historical presence has brought jobs to Englewood, stabilizing our economy even through the roughest time. With the addition of a new parking structure being built by Craig, we are envisioning a renaissance of retail and neighborhood amenities in the medical district over the next several years.

One amenity that continues to make the medical district accessible to employees and patients alike is our circulator bus that is jointly funded by RTD and the City of Englewood. This free-to-the-public shuttle takes riders through a loop of some 19 stops from the Englewood light rail station on the west, to the medical district on the east. The two RTD buses servicing this route were recently replaced because of their age. The timing made it right to rename the circulator as the Englewood Trolley (formally the ART bus) in keeping with our historic roots. In addition, these new buses are getting a fresh look with wrap-around branding for the City. You are sure to notice the vibrant, fresh look that is different on each bus. If you have not ridden this bus before, I encourage you to do so and see what adventures you might discover at each stop in Englewood!

Please keep me informed of any concerns, questions or great stories about why you love Englewood.

Linda Olson, Council Member, District 2
lolson@englewoodco.gov • 303-789-4799



Welcome to the third edition of the Englewood Magazine. The focus of this edition is on the importance and vibrancy of our medical district in Englewood. This district makes up a considerable amount of the employment within our community and is home to two world-renowned hospitals in Swedish and Craig. An incredible story of care and devotion appears in this edition. Sammy Ward has astonishingly been receiving care from Craig Hospital for 50 years. Mr. Ward's story can be found on page 8.

Also contained in this edition is an update on the Englewood Police Building project. This beautifully designed building is anticipated to begin construction in December of this year and will be completed in late 2018.

After 17 years, the Art Shuttle is receiving a makeover and a new name. The Englewood Trolley, with its new artful wrap, will hit the streets soon.

Finally, be sure to check out the City's new website. Englewoodco.gov has been completely rebuilt with a new look and feel and certainly designed with some great new features. Thank you for reading and enjoy this edition.

Eric A. Keck, *City Manager*
ekeck@englewoodco.gov • 303-762-2310

About the Cover:

Thirty-three staff members at Swedish Medical Center are a small representation of the thousands of medical professionals who enhance the community and provide world-class care to patients in Englewood's Medical District, home to both Swedish Medical Center and Craig Hospital.

- | | | |
|------------------------|-------------------------|------------------------|
| 1. Yu Zhu | 13. Lisa Finn | |
| 2. Vicki Owens | 14. Malcolm Creer | |
| 3. Christopher McMahan | 15. Scott Eric Press | |
| 4. Gina Graves | 16. Ashley Ferraro | 25. Crystal Gonzales |
| 5. Deborah Obery | 17. Lorena Schrober | 26. Deanna Vialpanda |
| 6. Stacy Loewenberg | 18. Shaundra Holmes | 27. James Fuller |
| 7. Sheryl Swan | 19. Anne Hovasse | 28. Miguel Benet |
| 8. John Rould | 20. Terevio Franco-Neto | 29. Mary Van Laarhoven |
| 9. David Hollauder | 21. Tonzia Buor | 30. Jen Brillhart |
| 10. Michelle Whaley | 22. Stefania Koziol | 31. Alicia Hunter |
| 11. Cailie Buckingham | 23. Shari Scheider | 32. Michelle Oliveti |
| 12. Ramiro Ochoa | 24. Sandie Kealagon | 33. Philip Lucenzo |



Swedish Sanatorium, 1907

A CENTURY OF CARE

The History of Englewood's Premiere Medical Facilities

SWEDISH MEDICAL CENTER

- 1905:** Swedish immigrant Dr. Karl Albin Bundsen founded the Swedish National Consumptive Sanatorium as a tuberculosis treatment center
- 1906:** Dr. Bundsen purchased 5 acres of land for \$2,500 to house the new medical facility
- 1907:** The first permanent structures were built to house sanatorium patients
- 1908:** The Swedish National Consumptive Sanatorium officially opened its doors and charged a daily patient fee of \$6.00
- 1924:** The hospital underwent its first expansion
- 1956:** With the decline of tuberculosis, the hospital's focus turned to general healthcare and was renamed Swedish Hospital
- 1980s & 1990s:** Four additional medical office plazas were constructed
- 1995:** A new 25,000 square foot emergency department was completed
- 2007:** Began a three-year construction project that included a renovated lobby, a family-centered NICU and dedicated PICU

CRAIG HOSPITAL

- 1907:** Frank Craig founded the Tent Colony of Brotherly Love in Lakewood, CO to care for men with tuberculosis
- 1919:** The name of the tent colony was changed to Craig Colony in memory of Frank Craig, who died of tuberculosis in 1914 at the age of 37
- 1955:** As tuberculosis diagnoses declined with antibiotics, Craig shifted its emphasis to other illnesses including multiple sclerosis, polio, muscular dystrophy and spinal cord injuries
- 1966:** Craig is renamed Craig Rehabilitation Hospital
- 1970:** Craig moves from Lakewood to Englewood and builds an 80-bed rehabilitation hospital on the grounds of Swedish Hospital, connected to Swedish by a tunnel to access radiology, laboratory, surgery, and other ancillary services
- 1973:** Nearby apartments are modified for transitional living experiences for patients and families of inpatients
- 1975:** Craig is renamed Craig Hospital
- 1996:** Craig Hospital undergoes an expansion and increases the number of beds to 93
- 2002:** A new, 47-unit Outpatient and Family Housing Facility is constructed onsite
- 2016:** A \$90 million, three-year construction and expansion project was completed that added 85,000 square feet of new space and renovated 135,000 sq. ft. of existing space





Home Away From Home

On Sept. 20, 2017, a crowd gathered outside Craig Hospital to surprise long-time patient Sammy Ward.

Injured in 1967 when a boulder landed on him while working in Chromo, CO, Ward was airlifted to Craig Hospital to begin his rehabilitation and has returned every year since.

To celebrate his 50 years of rehabilitation for his spinal cord injury, staff at Craig planned a surprise ceremony when he returned from lunch with Craig President & CEO Mike Fordyce.

Although he lives in New Mexico, Ward returns every September for rehabilitation and has established long-running friendships with physicians, nurses, therapists, administrators and other patients. On the day of his celebration, Ward seemed more like a local legend, with well-wishers, friends and other patients shaking his hand and waiting in line to talk to him.

“Sammy has maintained his health and has had a tremendous attitude the whole time,” his first occupational therapist, Nina Robbins, said at his party. Although she retired in 2010, Robbins returned to celebrate Ward’s big day.

Englewood City Council also honored Ward by proclaiming Sept. 20, 2017, as “Sammy Ward Day” in the City of Englewood.

The proclamation hints at Ward’s positive outlook and fun demeanor. “Wednesday, Sept. 20, 2017, all of Craig Hospital and the City of Englewood, with open arms and hearts, welcome Sammy back to Craig for his 50th re-evaluation and more mischief.” Another line mentions his return to Craig Hospital for “50 consecutive years for re-evaluations, lunches, dinners, encouragement to patients and general tomfoolery.”

And as much as staff at Craig Hospital seem to admire Ward, it is clear that the feeling is mutual.

“It’s the best place in the world for brain injury and spinal injury,” Ward said after cake, pictures, and a viewing of a video highlighting his time at the hospital. “It’s my home away from home, since day one.”

“Sammy has maintained his health and has had a tremendous attitude the whole time.”

FAST FACTS: CRAIG HOSPITAL

World-renowned, not-for-profit hospital and research center

2,000 patients treated annually

Specialty care for: spinal cord injury (SCI) rehab, traumatic brain injury (TBI) rehab, combination SCI/TBI rehab, ventilator-dependent and weaning programs, and rehabilitative neurosurgery

Last year, patients came from 47 states

Half of Craig's patients are from outside Colorado

Voted by employees as a "Top Work Place" by *The Denver Post* for the past three years

Ranked as a top 10 rehabilitation center by *U.S. News and World Report* for 27 consecutive years

93 beds

FAST FACTS: SWEDISH MEDICAL CENTER

The only Level I Trauma Center for HealthONE, with more than 2,200 trauma patients admitted each year

A Center of Excellence for: neurosciences, trauma/burn, women’s services, oncology and orthopedics

Colorado’s first Comprehensive Stroke Center certified by the Joint Commission

Patients come from all 50 states and worldwide for specialty care

200,000 patients treated annually, with 100,000 ER visits, 2,000 births and 20,000 surgeries

Englewood’s largest employer: 2,000 employees, 500 volunteers and more than 1,300 physicians

408 beds

TEACHING BEYOND THE CLASSROOM

Heather Martin is a big fan of the Englewood Public Library. You can often find her and her two daughters at the various programs the library offers. "The library is amazing," she said.

It's fitting that the Denver University professor in the Writing Program would cherish the local library for her own kids.

When she's not teaching her students, she's busy attending Molly's basketball games and Erin's choir performances. The three also love getting outdoors to enjoy Colorado's trails and camping spots. Both girls participate in the Junior Ranger Program at National Parks and Monuments and have collected 16 badges so far. They also take care of Clover, Walnut and Penny – their backyard chickens and their dog, Murphy.

Heather is enthusiastic about the Inquiry-Based Learning education her girls receive at Charles Hay World School and for the past five years, brings her DU students to Charles Hay to serve as writing mentors. She also gets her students into volunteering at local community gardens and at Café 180.

She notices, in her own girls, how the school encourages them to apply their learning in the class and the community.

"I see it in the way they notice problems," she explained. "They look for how they can make it better both locally and beyond."



Photo: Todd Dobbs

GET TO KNOW NEW LOCAL BUSINESSES

Two great places for you to explore



BLACK CABIN
16 E. Girard Ave.
blackcabin.org



Born in the mountains, Black Cabin opened its doors in Englewood in September and provides custom screen-printing and graphic design to small business owners throughout Colorado.

The name, "Black Cabin," isn't a gimmick. Owner Shawn Gracey started the business crammed inside a small, 100-year-old miner's cabin outside Georgetown, CO. Take a few steps inside the new storefront and the influence of its origin is everywhere. From the antique furniture in the lobby, to the forest maps doubling as wallpaper, Black Cabin has a feel from another time. But, that feeling of nostalgia is merely a well-constructed illusion. A deeper observation realizes Black Cabin is a modern, professional and sophisticated business.

Black Cabin, along with suite mate, Collaborative Design, serve as a one-stop-shop for graphic design, screen printing, as well as a wide variety of creative services.



OPERA COLORADO
4121 S. Navajo St.
operacolorado.org



Opera Colorado is one of Englewood's newest businesses, relocating their administrative offices and rehearsal space to the City as part of a new, 7,000 square foot Opera Center. Their new location, set to open at the end of November, will, for the first time, bring together under one roof the administrative and artistic functions of the company. Half of the building will serve as office space and the adjacent rehearsal venue will boast acoustic cloud ceilings and dimmable lighting, making it suitable for hosting events, in addition to rehearsals.

Opera Colorado reaches more than 38,000 students and adults annually through its many education and community engagement programs throughout the Rocky Mountain region.

LOOK WHO GOT A MAKEOVER!

The City of Englewood's updated website has a new look and includes more intuitive navigation and a user-friendly layout. Our website redesign better reflects the City's brand as well as modernizes the interface to help facilitate doing business with the City.

Explore englewoodco.gov
and connect with us today!





SNOW BUSINESS

City Crews Prepare for the 2017/18 Snow Season

It's that time of year! When it snows in Englewood, plow operators are responsible for clearing 340 lane miles of roadway. The City's Right-of-Way Services Division is responsible for snow operations and staff plans ahead to prioritize snow removal throughout the community to ensure streets are safe and clear for motorists.

How We Prioritize

- **Primary Grid Streets:** Main thoroughfares, as well as roadways adjacent to schools and hospitals. These streets are plowed to full lanes during the storm. Ex: Broadway, Dartmouth, Oxford, Logan, Tejon.
- **Secondary Grid Streets:** Streets that create links to the primary grid streets.

These streets are cleared after primary grid streets have been plowed. Ex: Delaware, Clarkson, Huron, Kenyon, Quincy, Tufts.

- **Residential Streets:** These streets will not be plowed or de-iced unless they have steep hills with chronic icing problems or a snow emergency is declared. When accumulation is above 8", crews use a v-shaped plow that creates one clear lane, approximately 10 feet wide, down the center of the roadway.
- **Alleys:** We do not plow alleys because they are so narrow and there's no place to put the snow. After a major storm, front-end loaders may be deployed.

View the City's snow plow route map online: englewoodco.gov/home/showdocument?id=1513

Ice Removal Operations

The freeze/thaw cycles Colorado experiences throughout the winter create large areas of ice buildup, especially in shaded areas and on the south side of the street. City staff monitors ice buildup and will help with ice removal if conditions are hazardous to motorists or pedestrians.

Tips for Residents

- Drive with caution and anticipate delays; don't drive unless you must. Be patient; it is impossible to clear all roads immediately.
- Do not attempt to stop a snow plow or obstruct its path. Plows must maintain their speed for maximum efficiency.
- Equipment operators often work long hours under trying conditions. They appreciate courteous and friendly drivers.
- Do not push or shovel snow into the street. It is illegal to place snow from private drives or parking lots onto public roadways and increases the chances of plows pushing snow back onto already-shoveled sidewalks.
- Snow plow drivers work hard to prevent snow from covering sidewalks, but sometimes it is impossible to avoid.
- Residents are responsible for removing snow and ice from sidewalks 12 hours after the snow stops.

Snow Line

Have questions, comments or concerns about snow removal operations? Call or email us at 303-762-2520 or snow@englewoodco.gov. Lines are monitored from 7:30 a.m. to 4:00 p.m. Monday through Friday, and periodically on nights and weekends during major snow events.

ACCESSORY DWELLING UNIT UPDATE

COMMUNITY OPEN HOUSE WORKSHOP

Englewood Civic Center, Community Room
1000 Englewood Pkwy.

Tuesday, November 14, 5:30 - 8:30 PM

Residents are invited to attend a second community open house workshop to learn about Accessory Dwelling Units (ADUs) and share feedback. Stop by any time between 5:30 and 8:30 PM. Learn about ADUs, take an opinion survey, and participate in a mapping exercise to show us where ADUs are appropriate uses in your neighborhood.

What are Accessory Dwelling Units (ADUs)?

Accessory Dwelling Units, known as ADUs, are small secondary residential structures located behind a primary house or on top of a garage. There are over 180 existing ADUs scattered throughout the older portions of the City.

Most communities require that the property owner resides in either the primary structure or the ADU and rent the other unit. ADUs are attractive to seniors as a supplementary source of income and are also built by families who want to house an aging parent or young adult family member.



Your opinion matters

Eighty-five residents attended the first ADU workshop on June 13. City Council has requested a second workshop to ensure even more community members have the opportunity to share their opinions regarding this important community issue.

ENGLEWOOD'S FREE SHUTTLE

New Look, New Name – Same Service

Introducing The Englewood Trolley! Englewood's free shuttle has gotten a makeover. Formerly known as the ART Shuttle, the arrival of two new shuttles gave the City the chance to rebrand as The Englewood Trolley with a new vibrant design.



The original Art Shuttle concept was instituted at a time when art was installed at nearly every shuttle stop. Unfortunately, artwork is costly and difficult to maintain. As a new and creative way to keep the tradition alive, the new shuttles, along with the new name and logo, will be used as pieces of moving art. The new brand keeps "Englewood" in the name and is reminiscent of Englewood's historic Cherrelyn Horse Car and "Trackless Trolley."

With up to 14,000 passengers a month, the free shuttle service is widely used throughout Englewood and now it will be easy to spot!



NORTHWEST GREENBELT TRAIL IMPROVEMENTS

What's happening at the Northwest Greenbelt Trail? All the trucks, people and machinery are working hard to install a new and much-improved cement trail. This trail will provide a smooth connection from the South Platte River on the east to Denver on the west and was funded by a generous grant from Arapahoe County Open Space. The trail replaces a 20-year-old dilapidated asphalt trail. Visitors of all sorts, from hikers to bikers to strollers, will be able to enjoy this new park amenity for years to come.

The trail is an important east-west link to the Mary Carter Greenway and will enable trail users to access the Platte River from as far away as Federal Boulevard. With construction completion anticipated for November, residents will have the opportunity to enjoy the new connection on warm winter days typical for Colorado.

DON'T THROW OUT THAT GREASE...

Recycle It, You Turkey!

Looking to finally get rid of those old containers full of used oil? Englewood residents are invited to participate in the 2017 Englewood Used Oil Collection Event on Saturday, November 25 from 9:00 AM – NOON at the Littleton/Englewood Wastewater Treatment Plant (L/E WWTP) at 2900 South Platte River Drive. The event is for residents only; no oil from commercial businesses will be accepted.

Residents can drop off used oil including:

- Automotive engine oil
- Transmission oil
- Differential oil
- Cooking oil

We will not accept:

- Cooking oils that have solidified
- Oil filters
- Antifreeze
- Oils contaminated with fuels, solvents, or water

Other guidelines include:

- A maximum of 10 gallons per household is allowed
- Users must take back their empty containers

Join us for a chance to win a prize, free hot dogs (until supplies last), children's activities and educational resources. Be on the lookout for more information on November 1 at lewwtp.org or call the L/E WWTP at 303-762-2600.



Photo: Allie McRae



MAKING ENGLEWOOD MORE ENERGY EFFICIENT

Keely Sugden's house is 100 years old and one of the most efficient homes in her neighborhood. That's partly thanks to Sugden receiving Energy Efficient Englewood's Home Energy Grants – twice.

The grants are up to a maximum of \$8,000 per household for energy efficiency upgrades and require a 20% match from the homeowner. To be eligible, all household gross income must be below 80% of Arapahoe County's area median income limits and the home must be your primary residence. The grant can go toward a number of energy upgrades, such as insulation, exterior doors, double-pane thermal windows, water heaters and Energy Star furnaces.

After receiving the findings of her audit, Keely set to work on the top priorities on the list. She caulked her windows herself, turning her receipts in to the Community Development Department, which manages the grant. She also got new windows and doors and a whole-house evaporative cooler, which came with a \$1,000 rebate from Xcel. In 2016, Sugden received the grant for a second time and this time she purchased an energy-efficient furnace and a tankless water heater.

"I would really love to help people go through this process," she said. "When people see how much money they can save, it really changes their mind. Now my energy bills are very reasonable and it adds value to my house." She recently became a board member on Keep Englewood Beautiful and recommends anyone interested in energy efficiency attend the Xcel Partners in Energy workshops in Englewood and Littleton.

The City awards roughly 15 grants per year and has awarded 100 homeowners with the grant since 2010. There are currently 31 Englewood homeowners on the waiting list. To be placed on the waiting list or receive more information, call 303-762-2347 or email commdev@englewoodco.gov.

FREE HOME ENERGY EFFICIENCY WORKSHOP

You'll Learn:

- Tips and strategies to save energy and money
- How to take advantage of free energy advising and financial resources
- How to save money on energy efficiency measures through an Xcel Energy Home Energy Squad visit

Wednesday, December 6 • 5:30 PM – 7:00 PM
Englewood Civic Center • 1000 Englewood Parkway
Community Room (2nd Floor)

RSVP by December 4 to Tim Aston
at 303-738-7907 or tim.aston@coloradostate.edu



EXHIBITS AT THE MUSEUM OF OUTDOOR ART (MOA)

Visit MOA's latest exhibition, "CounterPoints", featuring artworks by father/son duo Charles and Collin Parson on display through December 15, 2017.

Meyerrose, Mark Friday, Deborah Jang, John McEnroe, Sharon Feder, Daniel House Kelly, Amy Metier, Greg Watts, Gretchen Goetz and James Robie.

MOA's indoor gallery is located on the second floor of the Englewood Civic Center and is open to the public for free.

On January 19, the MOA will open "Intersecting Formations" featuring collaborative artworks with Craig Marshall Smith and the following artists: Jennifer



MEET YOUR NEW CITY CLERK

Stephanie Carlile started as Englewood's new City Clerk in Oct. 2017 after Lou Ellis retired from the position after 33 years. We asked Stephanie a few questions about her new City role.

Q: What does a City Clerk do?

A: The City Clerk wears a lot of different hats. I'm responsible for all elements of an election held within the City for the purposes of electing local members of the governing body and deciding ballot issues. I also serve as the Clerk to City Council; safeguard all official records of the City; administer the liquor and marijuana licensing for the City; and facilitate open record requests and provide access to public documents.

Q: What do you like most about your job?

A: I am very proud to serve my Community. I enjoy working with residents, City Council and staff. There is a lot of variety in what I do, so there's never a dull moment!

Q: How long have you lived in Englewood?

A: I am a native of the City of Englewood and now I'm raising my family in Englewood, too!



For November 7, 2017 election results, visit englewoodco.gov

HISTORIC PARK SIGN AUCTION

Would you like to own a historic Englewood park sign? Do these bring back memories of good times in your neighborhood park? The City recently updated all park signs and these older wooden signs need to find new homes. The Parks and Recreation Commission is selling them to the highest bidder through an online auction

with all income benefiting recreation youth activities. The auction will be open November 10 through November 30. Watch for details online at englewoodco.gov or call the Recreation Administrative offices at 303-762-2684.

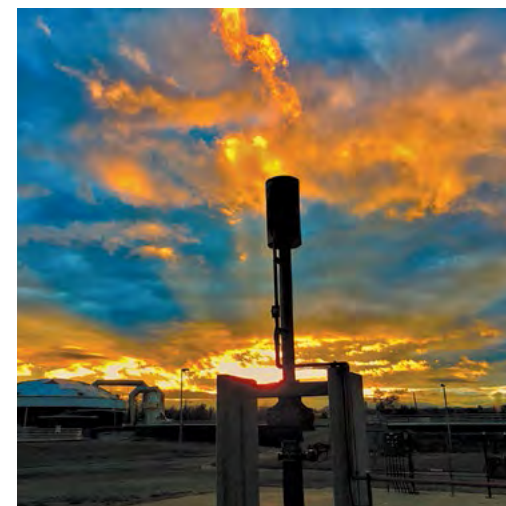


A Day in the Life... Englewood Staff Photo Contest

Scrub-a-Dub-Dub

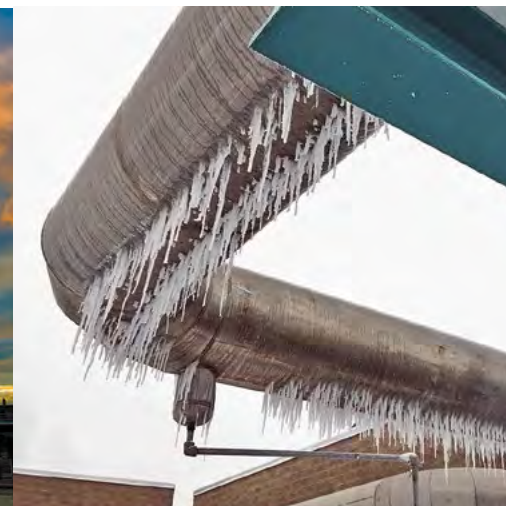
Equipment at Englewood's Water Filtration Plant Gets a Bath

Utilities Systems Technician Rene Lichtl hoses out the sedimentation bay at the Charles Allen Water Filtration Plant in order to make equipment repairs.



Fire & Ice

Dan Hoglund snapped photos of these extreme temperatures while working as an operator at the Littleton/Englewood Wastewater Treatment Plant.



SHOW US YOUR HOLIDAY SPIRIT

Decorate your home or business to promote neighborhood and civic pride

Decorate for the holidays and submit an entry form for your décor to be judged by a panel of Keep Englewood Beautiful staff. All Englewood residents and businesses are eligible to apply.

Winners will receive city-wide recognition and be presented with ribbons and certificates at the Monday, December 18, 2017, City Council meeting at 7:00 PM.

Important dates to remember:

- 11/13 – Entry forms available at the Englewood Library, Community Development Department, Englewood Recreation Center, Malley Recreation Center or on the City website at englewoodco.gov
- 12/1 at 4:30 PM – Entry deadline
- 12/12 – Commission viewing



Return entry forms to:

Keep Englewood Beautiful
City of Englewood
1000 Englewood Parkway
Englewood, CO 80110

For questions or to submit your entry electronically, email William Charles at wcharles@englewoodco.gov.

PARTNER WITH THE CITY OF ENGLEWOOD AND GET NOTICED AROUND TOWN

THE CITY IS CURRENTLY SEEKING LOCAL BUSINESS PARTNERS FOR 2018

Showcase your business around town through event sponsorship, advertisements in the *Englewood Citizen* magazine and online.

Visit Englewoodco.gov/sponsorships for details.



Architect's rendering of the new Englewood police station

POLICE DEPARTMENT UPDATES

Police Building Status

- The design team (DLR Architects) and construction management team (Adolfson & Peterson) have been working closely with the Englewood Police Department to finalize floor plans. Design Development drawings are now complete.
- As design and construction cost estimating progressed, the 2-story parking garage was much more than expected with a cost estimate exceeding original projections. The garage has been removed from the overall design and the redesigned site utilizes surface parking with a secure fence for police fleet vehicles.
- The redesigned site includes changing the 3600 block of Elati St. to one-way northbound with angled parking for visitors. Landscaping will be provided between visitor parking and the fence. A pedestrian connection will be developed between the building and Miller Field.
- Construction is anticipated to begin around the beginning of December.

Upcoming Events

December 2017

Chamber Holiday Parade

Saturday, Dec. 2

To volunteer, visit: signupgenius.com/go/10c0e4faea62aab9-201721

Coffee with a Cop

Wednesday, Dec. 13

7:30 – 9:00 AM

Nixon's Coffee House,
871 Englewood Parkway

Citizens' Self Defense Class

Saturday, Dec. 16

9:00 AM – NOON

Registration is required.

Visit: signupgenius.com/go/10c0e4faea62aab9-201722

January 2018

Spring 2018 Englewood Citizens' Police Academy

More details coming soon at englewoodco.gov

Evening Coffee with a Cop

Thursday, Jan. 4

4:00 – 6:00 PM

Starbucks,
Bates & Broadway

Coffee with a Cop

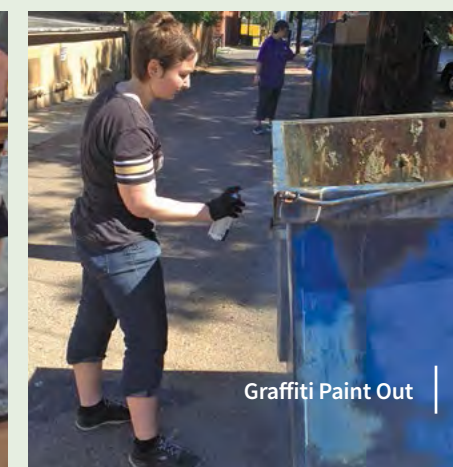
Wednesday, Jan. 17

7:30 – 9:00 AM

Dunkin' Donuts,
2766 S. Broadway



Santa Cops



Graffiti Paint Out

GET OUT AND PLAY!



1. Englewood Rec Center

1155 W. Oxford
2. Malley Rec Center

3380 S. Lincoln St.
3. Broken Tee Golf Course

2101 W. Oxford Ave.
4. Englewood Civic Center,
Englewood Public Library,
CityCenter Amphitheater,
Hampden Hall

1000 Englewood Pkwy.
5. Belleview Children's
Farm and Train,
Belleview Park

5001 S. Inca
6. Cushing Park

700 W. Dartmouth
7. Centennial Park

4630 S. Decatur St.
8. Jason Park

4299 S. Jason St.
9. Bates/Logan Park

2938 S. Logan St.
10. Baker Park

2200 W. Wesley Ave.
11. Romans Park

1800 E. Floyd Ave.
12. Rotolo Park

4401 S. Huron St.
13. Duncan Park

4880 S. Pennsylvania St.
14. Barde Park

(temporarily under construction)
15. Miller Field

3600 S. Elati St.
16. Brent Mayne Field

3501 W. Union Ave.
17. Colorado's Finest High School
of Choice

300 W. Chenango Ave.
18. Canine Corral

4848 S. Windermere
19. Englewood Community Garden

W. Dartmouth and S. Fox St.

USING YOUR PARKS

Park Hours: City parks are open seven days a week from 6:00 AM – 11:00 PM.

Pavilion Reservations: Available April 16 through October 15. Restrooms in parks are open mid-April through mid-October, weather permitting.

Park Use Permits: No charge for groups of 15+ people who will use the park but do not require a shelter. Commercial use of a park, including individuals or businesses organizing classes or services, requires a Park Use Permit and a fee of \$100. Evidence of additional insurance also required.

Park Permit Limits: No more than four Park Use Permits will be issued to the same group or individual during a calendar year in order to ensure equitable access for everyone.

Special Event Licenses: A Special Event License may be required for events that are open to the public. Additional insurance, fees, and vendor licenses may apply.

Dogs in our parks: All dogs must be on a leash except as permitted at designated parks. Please pick up after your dog and follow posted guidelines.

Athletic Field Use: Athletic fields must be reserved in advance for any organized play or practice. Call 303-762-2697 for information and availability.

Drug and Alcohol Policy: Alcohol & marijuana use are not allowed in any City park or open spaces.

Visit englewoodrec.org
or call 303-762-2680
for more information.

RECREATION GUIDE

WINTER 2017 | ENGLEWOODREC.ORG

Residents can
register starting
**Wednesday,
November 8, 2017**

All others can
register starting
**Friday,
November 10, 2017**

Chris Blackwood works out using
The Zone equipment. See p. 47.



Photo: Todd Dobbs



Facility Supervisor:
Jeff Jones • jjones@englewoodco.gov • 303-762-2692
Program Supervisor:
Allison Boyd • aboyd@englewoodco.gov • 303-762-2667

A full-service community facility, the center offers:

- Indoor track
- 25-meter eight-lane swimming pool
- The Zone! (Functional Training Center)
- Full-size gymnasium
- Expanded weight training rooms
- Cardiovascular area
- Four racquetball/walleyball courts
- Numerous other amenities

Activities are for all ages. The facility is open to anyone and offers reasonable rates for daily or extended visit admission.

HOURS OF OPERATION

M-Th: 5:30 AM – 10:00 PM
F: 5:30 AM – 8:00 PM
Sa & Su: 8:00 AM – 5:00 PM (New Operating Hours)

Center Closures

Thanksgiving	Thursday, November 23	CLOSED
Christmas Eve	Sunday, December 24	8:00 AM – 2:00 PM
Christmas Day	Monday, December 25	CLOSED
New Year's Eve	Sunday, December 31	8:00 AM – 2:00 PM
New Year's Day	Monday, January 1	CLOSED

Facility Rentals

The center features a multi-purpose room with an attached kitchen, a small classroom, full-size gymnasium, racquetball courts and pool facility for individual and group rentals. For more information, call 303 762-2680.

Resident ID Cards for \$3

If you're an Englewood resident within the legal city limits, you must obtain a Resident ID card for each member of your family, age five and older, who wish to use an Englewood Recreation facility or register for a program and receive the Resident Fee rate. This rate is listed throughout as "Resident Fee". Without the Resident ID, you'll be required to pay the regular admission or activity fee. Englewood residents living within the legal city limits are entitled to receive discounted fees and early preferential registration.

Resident IDs are obtained at an Englewood Recreation facility for \$3, and are valid for three years from date of purchase. In order to obtain a Resident ID, please provide one valid photo identification and an

additional proof of your physical address (vehicle registration, utility bill, phone bill etc.).

You may also use your Resident ID to receive resident rates at Cornerstone Park's Batting Cages and Colorado Journey Miniature Golf. Parents must have a valid Resident ID to register children under five years of age.

Englewood Business ID Card

Englewood business owners, officers and directors of a corporation located within the legal city limits are eligible to apply for an Englewood Business Resident ID. This ID allows the holder use of recreation facilities and programs at the discounted resident rate. Applications are accepted at the Englewood Recreation Center, 1155 W. Oxford Ave.

Online Registration

If you wish to register online, you will need a Household Account established in our registration program. Please call the Recreation Center at 303-762-2680 during operation hours to assist in account creation.



Fitness Program Eligible SilverSneakers® members (check with guest service staff to verify eligibility) can participate in specialized, non-impact SilverSneakers® fitness classes and other activities for free or at a reduced rate. Look for the SilverSneakers Logo next to class descriptions.

Financial Assistance

Please contact Jeff Jones for more information at 303-762-2692.

Individuals with Disabilities Program

The City of Englewood strives to mainstream individuals with disabilities into its recreation programs. Qualified individuals with disabilities are provided with reasonable accommodation in order to receive equal opportunity of inclusion. Contact Jeff Jones at 303-762-2692.

Lockers

Lockers are day use only; please bring your own lock.

Age Descriptions

Youth	2 – 17 Years
Adult	18 – 54 Years
Senior	55+ Years

Center Admission

Includes use of available amenities (pool, weight rooms, cardio room, running track, and gymnasium).

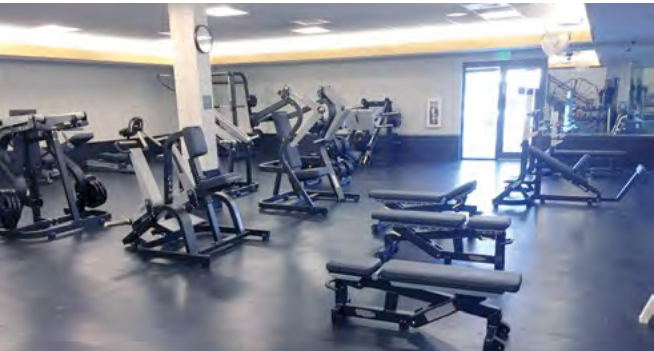
Type	Youth/ Senior Non Res.	Youth/ Senior Res.	Adult Non Res.	Adult Res.
Daily Admission	\$5.00	\$3.50	\$6.00	\$4.75
25-Visit Punch Card	\$73.00 (CPV \$2.92)	\$58.00 (CPV \$2.32)	\$105.00 (CPV \$4.20)	\$84.00 (CPV \$3.36)
Fitness Drop-In	\$8.00	\$6.00	\$8.00	\$6.00
Yoga Drop-In	\$10.00	\$8.00	\$10.00	\$8.00
12-Visit Fitness Punch Card	\$75.00	\$60.00	\$75.00	\$60.00
12-Visit Yoga Punch Card	\$112.00	\$90.00	\$112.00	\$90.00
Six-Month Pass*	\$192.00 (\$32/mo)	\$126.00 (\$21/mo)	\$216.00 (\$36/mo)	\$173.00 (\$29/mo)
Annual Pass*	\$324.00 (\$27/mo)	\$204.00 (\$17/mo)	\$390.00 (\$32.50/mo)	\$312.00 (\$26/mo)
Racquetball/Walleyball	Courts are reserved by the hour. Reservations are accepted two days in advance.		\$9.00	\$7.25
6 Hours of RB/Walleyball			\$45.00	\$36.00
Household Passes	Call for Pricing; Pricing based on Residency, and number of household members.			
Corporate Rates	Call for Pricing; Pricing based on Residency, and number of visits purchased.			

*Six-Month and Annual passes are eligible for monthly auto-debit program. Drop-in childcare available. See page 31 for details.

Annual Pass holders may add a Racquetball Rider for a fee of \$60 per individual pass holder. A racquetball rider allows the use of one hour of racquetball court play per day. Reservations required to ensure court time.

MOVE. TRAIN. PLAY.
With the NEW TechnoGym fitness equipment!

This equipment is state-of-the-art and provides an integrated user experience. There are 35 new pieces at the Englewood Recreation Center for you to up your fitness game. Stop by for a tour. Both Centers offer free orientations.



Englewood Recreation Center: The Zone

Check out the new HOIST Fitness Motion Cage! This is a functional training system like no other, offering exercise stations that can be custom configured to best suit your workout. Get your HIIT workout here! With stations that include a squat rack, renegade station, high-low pulleys, heavy bag, monkey bars, traversing walls, rebounder, jump platform, and dozens of attachment points for straps and accessories, the Motion Cage offers limitless opportunities. Englewood has teamed up with TETRO PERFORMANCE to offer fitness classes to suit you! Check out the classes online at TetroPerformance.com and read more on page 41.

HOW TO REGISTER



ONLINE: Resident registration begins Wednesday, November 8. All others can register Friday, November 10. Submit registrations anytime: englewoodrec.org. Payments must be made with VISA, MasterCard or Discover Card.



DROP OFF: Registrations are accepted at the Englewood Recreation Center and the Malley Recreation Center during regular operating hours.



MAIL: Mail your registration form to: Englewood Recreation Center, 1155 W. Oxford Ave., Englewood, CO 80110 OR Malley Recreation Center, 3380 S. Lincoln St., Englewood, CO 80113



PHONE: Call 303-762-2660 OR 303-762-2680 during regular operating hours.

Policies & Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID cardholders are given priority and are able to enroll two days before others. During this period, non-resident registrations are accepted and prioritized by date/time. Once the priority enrollment period has concluded, all available activity space is filled by non-resident participants in the order received. After this process, all registrations are handled on a first come, first serve basis. All checks are payable to the City of Englewood. Checks are accepted for payment provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25 service charge will be assessed on any returned check.

Mail-in Registrations Only: If you would like a receipt for your classes, please enclose a self-addressed, stamped envelope with your registration.



Program Supervisor:
Allison Boyd • aboyd@englewoodco.gov • 303-762-2667
Facility Supervisor:
Jeff Jones • jjones@englewoodco.gov • 303-762-2692

The Malley Recreation Center and programs promote healthy aging and social activity. Staff strives to offer enriching programs including fitness, outdoor adventures, education, excursions, extended travel, special events, VOA lunch, drop-in activities, arts and crafts, billiards, and more. Stop in for a tour.

Participation is open to both Englewood residents and non-residents. Englewood residents living within the legal city limits must obtain a Resident ID card for each member of your family, to receive the Resident Fee rate. Resident IDs are available for \$3 and are valid for three years from the date of purchase. See page 22 for more information.

Those over 55 years of age receive priority when registering. Adults 18 years and older may register for classes and activities on a space available basis. The Malley Fitness Center and Computer access are not open to those under age 55.

HOURS OF OPERATION
M – Th: 8:00 AM – 7:00 PM
F: 8:00 AM – 5:00 PM
Sa: 9:00 AM – 1:00 PM
Su: Closed except for scheduled activities
Center Closures — 12/25, 1/1, 2/26 – 3/4: Annual Maintenance

Center Admission
Includes use of available facilities (fitness center, game room, computers, Bridge, Bunco, Billiards, lobby access, table tennis, Pickleball or drop-in gym).

- Daily:**
- | | |
|-----------------|-----|
| Senior | \$4 |
| Senior Resident | \$2 |
| Adult | \$5 |
- (Only for Billiards, Pickleball and table tennis)*
- Annual:**
- | | |
|--------------------------|------|
| Senior | \$55 |
| Senior Resident | \$44 |
| SilverSneakers® | \$25 |
| SilverSneakers® Resident | \$20 |

FITNESS CENTER HOURS
M/W: 11:00 AM – 7:00 PM
Tu/Th: 8:30 AM – 7:00 PM
F: 8:00 AM – 5:00 PM

Daily Fitness Center Drop-in
Drop-in not available for Beginning and Continuing Weight Training, Balance classes and evening Yoga. Day Yoga drop-in rates vary. SilverSneakers® members may drop-in to classes with the SilverSneakers® logo for free by swiping their card at the front desk.
Malley Daily Drop-in: \$5



Fitness Program Eligible SilverSneakers® members (check with the front counter to see if you are eligible) can participate in specialized non-impact SilverSneakers® fitness classes and other activities for free or at a reduced rate. Just look for the SilverSneakers® logo next to class descriptions.

Volunteers of America (VOA) Nutrition Program
Malley Center and Volunteers of America team up to serve a great lunch Monday through Friday in the Malley Center Ballroom 11:30 AM – 1:00 PM. Reservations are required and must be made by noon two days in advance at the front desk or by calling 303-762-2660. Reservations for Monday and Tuesday must be made by noon on the previous Thursday. Monthly menus are available online at englewoodco.gov or at Malley. Suggested donation is \$2.50 for ages 60 or over or a person under 60 who is a spouse of an eligible person. Under 60 is \$8.50. First time visitors must complete a VOA registration form.
M – F Malley Center Ballroom 11:30 AM – 1:00 PM

Visiting Nurse Association
Provides quality, affordable health care including foot care, blood pressure checks, and monitoring of chronic conditions. Appointment only. Call 303-698-6496.
12/21 1/17 2/21

Americans with Disabilities
We are committed to supporting and complying with the Americans with Disabilities Act. If you require special accommodations, please notify us at least two weeks in advance of the activity.

Pickleball Drop-In Play
BEGINNERS M/W 11:15 AM - 1:30 PM
ADVANCED M/F 1:30 - 5:00 PM
Sa 9:00 AM - 1:00 PM
Wednesday play subject to availability. See page 34 for classes.

This quick, fast-paced, competitive game is easy to learn. A low-impact, active game combining elements of badminton, tennis and table tennis. Players use paddles and a plastic ball using a low net. Equipment is available. Annual or daily pass required.

Table Tennis
The sport can be played as a single or double and is great for beginners. Annual or daily pass required.
Location: MRC gym
T/Th 12:30 AM – 4:30 PM

Retirement Support Group
Gather with other retirees and share retirement topics such as friendship, loss, leisure, purpose and much more. To participate, obtain an annual or daily pass.
W 10:30 – 11:30 AM

AARP Driving Safety Program
This driving course is specially designed for motorists age 50 and older. The course helps drivers refine existing skills and develop safe, defensive, driving techniques. Upon successfully completing the course, you may be eligible to receive a discount on your auto insurance premium.

Choose ONE of the following:
Th 1/18 12:30 – 4:30 PM
Th 2/22 12:30 – 4:30 PM

AARP Tax Assistance
This popular program returns to Malley in 2018. Details available at Malley front desk after December 1.

Bunco Bash Fridays
Have fun, be social and play an easy-to-learn, yet exciting game! Played with only dice and a score sheet, all you need to do is roll the dice and add the points! Partners rotate. Annual or daily pass required.
1st, 3rd, 5th Fridays 1:00 – 3:00 PM

Bridge Group
Enjoy Duplicate Bridge every Tuesday starting at 12:30 PM. Bring a partner. Annual or daily pass required.
Tu 12:30 PM

Mahjong
Join us for this Chinese-originated game using various designed tiles. No partner needed. Bring your Mahjong set if you have one. Annual or daily pass required.
F 12:30 - 4:30 PM

Movie Time
Join us twice monthly to watch a free movie on the big screen. Popcorn available for 25¢. Watch for flyers each month with the movie title or call 303-762-2660 during the week of the movie.
2nd and 4th Fridays Movies start at 1:00 PM
NEW RELEASE MOVIE TIME: 12/8 1/12 2/9
CLASSIC MOVIE TIME: 1/26 2/23

DROP-IN PICKLEBALL SCHEDULE							
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Malley Rec Center							
Beg/Inter		11:15 AM – 1:30 PM					
Advanced		1:30 – 5:00 PM				1:30 – 5:00 PM	9:00 AM – 1:00 PM
Englewood Rec Center							
Beg/Inter				1:00 – 4:00 PM		1:00 – 4:00 PM	
Advanced				1:00 – 4:00 PM			
CFHSC – Colorado's Finest High School of Choice, 300 W. Chenango Ave. (courts are located along Grand Ave.)							
Beg/Inter			1:00 – 5:00 PM		1:00 – 5:00 PM	1:00 – 5:00 PM	
Advanced	1:00 – 5:00 PM		8:00 AM – NOON		8:00 AM – NOON		

Courts are first come, first serve and subject to availability



ADULT DANCE & MUSIC

Program Administrator: Sara Stant • sstant@englewoodco.gov • 303-762-2680

Belly Dance Basics

Explore the art of classical belly dance and fusion for fun and fitness. Belly dancing increases self-awareness and self-confidence in a non-competitive atmosphere. This class teaches belly dance foundations, choreography & improvisational exercises. Wear comfortable clothing. Location: ERC-A.A.#1 Instructors: Adina & Aziza of Troupe D'Aliah
12/5 – 1/23 Tu 6:30 – 8:00 PM \$67/\$53 11850111
1/30 – 2/27 Tu 6:30 – 8:00 PM \$55/\$43 11850112
No Class: 12/19, 12/26

Continuing Belly Dance

Intermediate and performance level course. Continued focus on developing technical dance skills, use of props and some performance skills and knowledge of the art of belly dance. Performance opportunities, but not a requirement. Must take Basics class first and have approval for this course. Location: ERC-A.A.#1 Instructors: Adina & Aziza of Troupe D'Aliah
12/7 – 1/18 Th 6:30 – 8:00 PM \$55/\$44 11850211
1/25 – 2/22 Tu 6:30 – 8:00 PM \$55/\$44 11850212

Social Ballroom

Perform ballroom dance steps with style! Incorporate movement around the dance floor, proper placement of hands and arms, tie steps together, and footwork. You will practice with Latin and American style dances. A new dance is taught each month. Dec. – Quick Step; Jan. – Samba; Feb. – Rumba. Location: MRC-Ballroom Instructor: Lila Horton
12/4 – 2/26 M 3:00 – 4:30 PM \$48/\$38 11860111
No class: 12/25, 1/1

Ultra Beginning Line Dance

New to line dancing? Well, this class is for you! Learn basic, universal line dance steps. Your mind and body will benefit from this class. \$5/daily drop-in. Location: MRC-Ballroom Instructor: Judy Curtis
12/4 – 2/26 M 5:30 – 6:30 PM \$44/\$35 11860311
1/3 – 2/28 W 8:15 – 9:00 AM \$41/\$33 11860312

Beginning Line Dance

Step up the pace in this beginning class. Learn more steps while perfecting the vine, weave and shuffle. Enjoy upbeat music that benefits your body and improves mental attitude. Line dance can boost your memory, balance, stamina, and bone density – all good reasons to come dance with us! \$5/daily drop-in. Location: MRC-Ballroom Instructor: Judy Curtis
12/6 – 2/28 W 9:00 – 10:00 AM \$44/\$35 11860411

Advance Beginning Line Dance

This dance level will build on your endurance and memory by using steps already learned in different combinations to faster music thus increasing your cardio and calorie output. We'll exercise your body, mind, improve your mood, and have a blast! \$5/daily drop-in. Location: MRC-Ballroom Instructor: Judy Curtis
12/6 – 2/28 W 10:15 – 11:15 AM \$44/\$35 11860611

Piano Lessons

Interested in learning how to play your favorite songs on the piano? Malley has just the class for you! The classes work in teaching piano and music theory both by ear and reading music. Students can choose supplemental pieces throughout the course. Book and music selections will be determined on an individual basis. Location: MRC-Eldorado Instructor: Gail Hamilton

ADVANCED BEGINNING PIANO

12/1 – 1/19	F	9:00 – 10:00 AM	\$48/\$38	11861411
1/26 – 2/23	F	9:00 – 10:00 AM	\$40/\$32	11861412

BEGINNING PIANO

12/1 – 1/19	F	11:00 AM – NOON	\$48/\$38	11861511
1/26 – 2/23	F	11:00 AM – NOON	\$40/\$32	11861512

ULTRA BEGINNING PIANO

12/1 – 1/19	F	12:45 – 1:45 PM	\$48/\$38	11861711
1/26 – 2/23	F	12:45 – 1:45 PM	\$40/\$32	11861712

No class 12/22, 12/29

Music Theory Lessons

This class takes a closer look into how music is made. Learn key signatures, scale patterns, chords and harmony. Once the mystery of music dissolves, there's space for fun and creativity.

BEGINNING

12/1 – 1/19	F	10:00 – 11:00 AM	\$48/\$38	11861811
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No class 12/22, 12/29

CONTINUING

1/26 – 2/23	F	10:00 – 11:00 AM	\$40/\$32	11861812
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ARTS & CRAFTS

Program Administrator: Shelly Fritz-Pelle • sfritz@englewoodco.gov • 303-762-2660

BYOC Crafters Group

Do you start projects and have difficulty finishing them? If the answer is YES, then this group is for you! Whether it is to knit a scarf, finish a dress, quilt, scrapbooking, make jewelry, or create ornaments for the holidays, the choices are endless. Bring your supplies and join others who love to “craft” too! Large tables and sewing machines are provided.
12/4 – 2/26 M 1:00 – 3:00 PM \$13/\$10 11760611

Knitting

Create new projects while learning new stitches and techniques. This class is for all skill levels. Receive a supply list at the first class. Instructor: Megan Hold
12/5 – 12/19 Tu 5:30 – 7:30 PM \$33/\$26 11750511
1/9 – 1/23 Tu 5:30 – 7:30 PM \$33/\$26 11750512
2/6 – 2/20 Tu 5:30 – 7:30 PM \$33/\$26 11750513

Creative Pottery

The possibilities are endless when working with clay! Use different methods of hand building and/or sculpting to create 3 pieces of art. Clay and glazes are supplied. Open to all skill levels. Supplies fee: \$15 per 12 lbs. of clay used, payable to the instructor. Instructor: Michael McGrath
12/5 – 1/14 Tu 1:00 – 3:00 PM \$84/\$67 11760411
1/23 – 2/27 Tu 1:00 – 3:00 PM \$84/\$67 11760412
No class 12/26

Oil Painting

Oil painting is a great and extremely versatile medium. Bring your own supplies and work at your own pace. Have fun while finishing a piece for your home, family or friend. There is no instructor, but members can help each other.
12/6 – 2/28 W 1:00 – 3:30 PM \$16/\$13 11761411

Chocolate & Canvas

Age: 10 yrs. & older
Join us for a fun and informative class where you follow along step-by-step to complete your own beautiful painting. We provide the supplies and walk you through each step of the painting process. Materials Fee: \$20 per class, payable to instructor. Chocolate and drinks will be served. Projects: January – Playing with Color in Abstract; February – Monet Water Lilies
Instructor: Lannie Pihajilic
1/7 W 6:00 – 8:00 PM \$13/\$10 11750611
2/21 W 6:00 – 8:00 PM \$13/\$10 11750612

Water Media Art

Watercolors and Acrylics are taught in this versatile and exciting art class that is full of wonderful surprises! Your subject matter is only as limited as your imagination. Bring your own paper, paint and brushes. All experience levels are welcome. Instructor: Eileen Hoffman
12/6 – 1/17 W 10:00 AM – NOON \$53/\$42 11761611
1/24 – 2/28 W 10:00 AM – NOON \$53/\$42 11761612
No class 12/27, 1/3

Bunka Embroidery

Sometimes called Japanese thread painting, this needlework art is done with a punch needle and a unique thread from Japan. The finished picture frequently resembles an oil painting and is easy to learn. Initial supplies cost \$35 – \$50 and are available from the instructor. Get hooked! Instructor: Jacque Southern
12/2 – 2/17 Sa 9:00 – 11:00 AM \$44/\$35 11751611
12/2 – 2/17 Sa 9:00 AM – NOON \$50/\$40 11751612
No class 12/23, 12/30

Drawing Class

Learn to draw anything you would like it this class! Create more depth and perspective in your drawings, plus composition, lines, shapes and the secret of lights, darks, blending and shadowing. Bring a 2B or soft lead pencil, colored pencils, erasers, and a sketchbook to class. All skill levels welcome. Instructor: Eileen Hoffman
12/7 – 1/18 Th 9:30 – 11:30 AM \$55/\$44 11760511
1/25 – 2/22 Th 9:30 – 11:30 AM \$49/\$39 11760512
12/7 – 1/18 Th 1:00 – 2:45 PM \$53/\$42 11761011
1/25 – 2/22 Th 1:00 – 2:45 PM \$46/\$37 11761012
No class 12/28

Pressed Flower Cards

Come make one-of-a-kind cards and bookmarks. Fran will take you step-by-step and you will have a blast creating these beautiful items. All supplies will be provided. Supply fee \$15, payable at class. Instructor: Fran Hogan
2/2 F 1:00 – 3:00 PM \$13/\$10 11760711
2/17 Sa 10:00 AM – NOON \$13/\$10 11760712

Drop-In Woodcarving

For carvers with some experience. Enjoy working on your carving in the company of other carvers. A carving glove & thumb guard are required. There is no instructor, however fellow carvers are always willing to help.
12/1 – 2/23 F 9:30 – 11:30 AM \$13/\$10 11762511
12/6 – 2/28 W 6:00 – 8:00 PM \$13/\$10 11762512



COMPUTER / TECH CLASSES

Computer Classes: 303-762-2555 • Personal Computer Training: 303-762-2660

PLEASE NOTE: Computer classes now take place in the Englewood Public Library. Registration required: 303-762-2555. All computer classes in the library are free of charge. For fee-based, one-on-one computer training, please see Personal Computer Training.

Computer Basics – Getting Started

Learn the basics of using a computer and practice using a mouse. No computer experience required. Registration required.

12/2	Sa	10:30 AM – NOON	LIBRARY TECH LAB
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Computer Basics – Internet I

Choosing from a wide range of topics, class participants will decide on no more than three topics and the instructor will cover basic information and answer questions. Available subjects include: Email, eMedia, basic Internet searching, Facebook, the Library's website resources, or password management. Registration required.

12/20	W	6:30 – 8:00 PM	LIBRARY TECH LAB
2/3	Sa	10:30 AM – NOON	LIBRARY TECH LAB

Microsoft Excel – The Basics

Excel spreadsheets allow you to easily store, organize and manipulate data. In this class, you will learn the basics of Excel (inserting text, basic functions, AutoSum, AutoFill, and more) by creating a basic budget spreadsheet and making Excel do all the math for you! Registration required.

1/6	Sa	10:30 AM – NOON	LIBRARY TECH LAB
2/21	W	6:30 – 8:00 PM	LIBRARY TECH LAB

Smartphones, What's the Deal?

Learn about the useful reasons to own a smartphone and some of the fun stuff too. No computer experience required. No registration required.

1/17	W	6:30 – 8:00 PM	LIBRARY TECH LAB
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See page 50 for more classes.

Personal Computer Training

Need extra help with a computer challenge? We offer personalized help with email, photos, Excel, using your smartphone, or other computer-related programs. Call 303-762-2660 to make an appointment. Location: Malley Center. Each session is 60 minutes

Private			
Fee	1 Session	\$44	FMCOMNR1
	3 Sessions	\$120	FMCOMNR3
	5 Sessions	\$189	FMCOMNR5
Res. Fee	1 Session	\$40	FMCOMRE1
	3 Sessions	\$112	FMCOMRE3
	5 Sessions	\$175	FMCOMRE5

Semi-Private (2 – 3 people)			
Fee	1 Session	\$58	FMCOSNR1
	3 Sessions	\$148	FMCOSNR3
	5 Sessions	\$224	FMCOSNR5
Res. Fee	1 Session	\$50	FMCOSRE1
	3 Sessions	\$130	FMCOSRE3
	5 Sessions	\$201	FMCOSRE5





BROKEN TEE GOLF COURSE

Broken Tee Golf Course • 303-762-2670 • 2101 W. Oxford Ave. • brokenteegolf.com

Englewood Parks and Recreation presents one of the finest public golf facilities in the Rocky Mountain region, Broken Tee Golf Course.

- This golf complex offers:
- Championship 18-hole course with Dye design front 9
 - Par 3 course with multiple tee boxes – a challenge for the serious golfer or simple fun for the entire family
 - Large driving range and one of the best practice areas in Metro Denver
 - FootGolf on the Par 3 course

In the 2017 *Colorado Avid Golfer* “Best of Colorado” magazine, Broken Tee was named Best Course for Families (staff pick), Best Practice Facility (staff pick) and Best Course for Seniors (staff pick).

Advance Tee Times:
Call 303-762-2670 after 2:00 PM, or book your tee times online. Resident, 7 days and Non-Resident, 6 days in advance. Visit the website for current pricing of green fees, carts and driving range ball buckets.

Plan your holiday party with us!
No Room Fee! We would love to have you here!
Our private meeting room is perfect for all types of business and social meetings. With seating up to 50 people and full A/V capabilities, it is a great place for offsite business meetings, sales presentations and trainings. Plenty of parking and only 10 minutes from DTC. No room charge when you purchase food and beverages. For your card, game or social club, this room is the perfect place to gather friends for a fun and relaxing afternoon game. Contact the Broken Tee Grill at 303.781.0378.





ACTIVE KIDS

Program Administrator: Sara Stant • sstant@englewoodco.gov • 303-762-2694

Night of the Stars Talent Show Auditions

Friday, January 19: 4:00 – 6:00 PM • Saturday, January 20: 1:15 – 3:30 PM

Englewood Recreation Center

Singers, dancers, musicians and more – we're looking for performers in grades K–12 to dazzle us! Performers will be placed in categories: K–2nd grade, 3–5th grade, 6–8th grade, 9–12th grade. Performances will be judged in the following categories: Voice, Dance, and Variety (musical instruments, jugglers, etc.) No bands please, but groups of acoustic musicians are allowed. Check with Sara for approval at 303-762-2680. First place winners will strut their stuff at the State Competition in Lakewood on March 11, 2018. Registration fee is \$5.00 per performer. You will receive rules and information at the time of registration as well as information on how to sign up for an audition.



Auditions: Friday, January 19 from 4:00 – 6:00 PM and Saturday, January 20, 1:15 – 3:30 PM at the Englewood Recreation Center

Dress rehearsal: February 7 from 6:00 – 8:00 PM at Hampden Hall

Local Show: 1:00 PM on Saturday, February 10 at Hampden Hall

State Competition: Sunday, March 1 at the Lakewood Cultural Center

11130011 \$8/\$10 performer

NEW Youth Enrichment

Do you have a little one ready for fun? Come and explore arts, crafts, creative movement and more. Surrounded by other little ones, social and emotional growth is sure to flourish in this relaxed, playful atmosphere! The repetition of activities and songs assists participation, language development and memory, and improves coordination and timing. Children will learn to express their feelings productively. The activities also help to develop imagination and the ability to focus. Location: Englewood Rec Center-A.A.#1

To make the most of your morning, check out Story Time at the Englewood Library beginning at 10:30 AM.

PeeWee Play Time

Ages 2 – 3 years

12/5 – 12/19	Tu	9:15 – 10:00 AM	\$25/\$20	11420401
1/9 – 1/30	Tu	9:15 – 10:00 AM	\$50/\$40	11420402
2/6 – 2/27	Tu	9:15 – 10:00 AM	\$50/\$40	11420403

Kids at Play

Ages 4 – 5 years

12/7 – 12/21	Th	9:15 – 10:00 AM	\$25/\$20	11420411
1/4 – 1/25	Th	9:15 – 10:00 AM	\$50/\$40	11420412
2/8 – 3/1	Th	9:15 – 10:00 AM	\$50/\$40	11420413

Toddler and Me Dance

Ages 2 – 3 years

Music, movement, balance and the basic dance steps are introduced in a fun, friendly and positive manner. This type of class includes mom or dad or another loved one participating in the class along with the little dancer. Our teachers will keep the music and curriculum moving along while parents take an active role in encouraging, supporting and keeping the little dancer on track. This program is not included in the recital. Location: Englewood Rec Center-A.A.#1

1/6 – 1/27	Sa	9:15 – 9:45 AM	\$23/\$18	11820001
2/3 – 2/24	Sa	9:15 – 9:45 AM	\$23/\$18	11820002

PeeWee Dance

PeeWee dance classes are focused on dance techniques, safety, fun, movement, coordination, and self-esteem. Dancers develop the basics of tap, jazz and ballet steps while working on following directions and working well with others. Classes focus on dance fundamentals and technique which build up to the summer and fall seasons, which include a recital. Parents of children who may require help changing their shoes are asked to remain outside of the classroom to assist with a mid-class shoe change. Recitals during summer and fall season classes require a costume rental fee, which is usually \$15 for three costumes. This fee is in addition to the class participation fee.

Location: Englewood Rec Center-A.A.#1

BALLET, TAP & JAZZ

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee
PeeWee Dance	11820100	2½ – 3 years	1/3 – 2/28	W	4:00 – 4:45 PM	ERC-AA1	\$60.00	\$48.00
	11820111	2½ – 3 years	1/6 – 3/3	Sa	9:45 – 10:30 AM	ERC-AA1	\$60.00	\$48.00
	11820112	3 – 5 years	1/3 – 2/28	W	4:45 – 5:30 PM	ERC-AA1	\$60.00	\$48.00
	10120113	4 – 5 years	1/6 – 3/3	Sa	10:45 – 11:30 AM	ERC-AA1	\$60.00	\$48.00
Youth Dance	11820201	6 – 8 years	1/3 – 2/28	W	5:30 – 6:30 PM	ERC-AA1	\$69.00	\$55.00
	11820202	6 – 8 years	1/6 – 3/3	Sa	11:30 AM – 12:30 PM	ERC-AA1	\$69.00	\$55.00

ACTIVE KIDS

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee
Toddler & Me Tumbling	12310111	18 – 36 months	1/6 – 1/27	Sa	8:30 – 9:00 AM	ERC-AA2	\$22.50	\$18.00
	12310112	18 – 36 months	2/3 – 2/24	Sa	8:30 – 9:00 AM	ERC-AA2	\$22.50	\$18.00
Tumbling Tykes	12320211	3 – 4 years	1/6 – 1/27	Sa	9:00 – 9:45 AM	ERC-AA2	\$26.00	\$21.00
	12320212	3 – 4 years	2/3 – 2/24	Sa	9:00 – 9:45 AM	ERC-AA2	\$26.00	\$21.00
Gymnast Jubilee	12320311	4 – 6 years	1/6 – 1/27	Sa	9:45 – 10:30 AM	ERC-AA2	\$26.25	\$21.00
	12320312	4 – 6 years	2/3 – 2/24	Sa	9:45 – 10:30 AM	ERC-AA2	\$26.25	\$21.00

Youth Dance

Youth dance classes are designed to help make your child become a well-rounded dancer in several different styles of dance including tap, jazz, hip-hop, and ballet in a fun an energetic class! Classes focus on dance fundamentals and technique, which build up to the summer and fall seasons and end in a recital. Beginner classes are designed to teach the basic fundamentals and techniques. Recitals during summer and fall season classes require a costume rental fee, which is usually \$15 for three costumes. This fee is in addition to the class participation fee. Location: Englewood Rec Center-A.A.#1

Theater 360

Ages 11 – 14 years

This class encourages confidence by building theatre and life skills in a fun and supportive environment where it is easy to make new friends. The process rather than the end product is emphasized. Theatre skills and beginning terminology are taught using developmentally appropriate activities. Students also learn valuable life skills such as self-confidence, working in a team, cultivating actors/creators, and creative collaborators.

Location: Englewood Rec Center-A.A.#1 Instructor: Amy Pyne

12/7 – 1/18	Th	4:15 – 5:30 PM	\$40/\$32	11931511
1/25 – 3/1	Th	4:15 – 5:30 PM	\$40/\$32	11931512

No class 12/28

Toddler & Me Tumbling

Ages 18 – 36 months

Need a place for your tot to explore, play, and let out some energy in a fun and safe environment? Register today and you and your child will get to learn simple tumbling skills while meeting new friends.

Location: Englewood Rec Center-A.A. #2

Tumbling Tykes

Ages 3 – 4 years

Join this interactive class and young tumblers will enhance their balance, strength, and learn beginning tumbling skills.

Location: Englewood Rec Center-A.A. #2

Gymnast Jubilee

Ages 4 – 6 years

Ready to take your tumbling classes to another level? Kids will learn rolls, cartwheels, balance, and have a blast while meeting new friends. This class is designed for children to take independently. Parents are asked to remain in the building.

Location: Englewood Rec Center-A.A. #2

Englewood Recreation Center Drop-in Child Care

Conveniently located on-site at the Englewood Recreation Center, drop-in child care is a fun environment for children 6 months to 8 years to enjoy while parents/guardians utilize the Recreation Center.

HOURS:

M- Th 4:00 – 8:00 PM
F & Sa 8:00 AM – 1:00 PM

Coming soon... weekday morning hours!

FEES:

\$6 for up to 2 hours of care. Discounted rate of \$5 for up to 2 hours for residents.



Program Administrator: Shelly Fritz-Pelle • sfritz@englewoodco.gov • 303-762-2660

NEW Using Technology to Improve Your Health & Fitness

Learn how to use different forms of health and fitness technology, applications and online support systems to gain the advantage on your goals. This class will help you make the right decisions when purchasing and choosing technology as well as help you set up and use some of the more popular products and online programs.

Location: ERC-AA2 Instructor: TETRO Performance Staff
1/11 Th 6:00 – 7:00 PM \$15
Register at [TetroPerformance.com](https://www.tetroperformance.com)

Wills, Trusts and Power of Attorney

Planning for disability and death can give you peace of mind, reduce burdens for your loved ones, and help you leave a legacy instead of a mess. Learn about some of the tools available, including powers of attorney, advance medical directives, wills, and trusts.

Location: MRC-Eldorado
Instructor: Ryan Scott, Law Office of Ryan Scott, LLC
1/9 Tu 1:00 – 2:30 PM FREE 11460611

NEW Healthy Table for 1 or 2

Eat healthy for the New Year! Let's discuss the latest nutrition trends and how to incorporate them into your snacks and meals. Get simple, fresh meal ideas and tips for eating out. We will make and sample a healthy dish! Supply fee \$10, payable to instructor.

Location: MRC-Lookout Instructor: Kim Farrington, CNA
1/16 Tu 11:00 AM – 12:30 PM \$13/\$10 11460811

NEW Understanding Dietary Fat

Is a low fat diet really healthy? Can bacon and butter really be healthy for me? Learn the differences between types of fat and how fats are used in the body. Plus, learn about oils, how they are processed, which ones are healthy and which are not.

Location: MRC-Eldorado Instructor: Marva Jolly, PE, MNT
1/22 M 1:30 – 3:00 PM \$15/\$12 11460011

NEW Challenges of Transitioning

Are you thinking about moving? We can help answer questions such as: How do you know it is time? What steps do I need to take? What are my options? Whether it is you, your parents or another family member, our expertise and available resources can help guide you every step of the way. Refreshments provided.

Location: MRC-Flatirons
Instructor: Kim Evans, Senior Real Estate Specialist
1/23 Tu 10:00 – 11:30 AM FREE 11460211

11 Ways to Avoid Caregiver Burnout

Whether you are taking care of a parent, spouse, child or friend, it is a tremendous act of love. However, it can be overwhelming physically, emotionally and financially. Learn helpful tools from professionals on how to decompress your stress and preserve your mental and physical health.

Instructor: Roger Rhodes, Homewatch Care Givers
1/31 W 1:30 – 3:00 PM FREE 11460511

Medicare 101

Making a decision can be hard! Attend this presentation and learn all your plan options and review the A, B, C and D's of Medicare. Allen will share important dates to remember and how to save money on prescriptions.

Location: MRC-Flatirons Instructor: Allen McGirl, McGirl Insurance
1/11 Th 1:30 – 3:00 PM FREE 11460411
2/8 Th 6:00 – 7:30 PM FREE 11460412

The Probate Process

What do you do when someone passes away? Do you need to open probate? If you are the personal representative or executor of the estate, what is expected of you? What if you are a beneficiary? We will answer these questions and talk about tools available if you want to avoid probate.

Location: MRC-Eldorado
Instructor: Ryan Scott, Law Office of Ryan Scott, LLC
2/8 Th 1:00 – 2:30 PM FREE 11460711

NEW The Rightsizing Journey

Learn the what, how, why and when of rightsizing. Others may call this downsizing, but really, it is about what is right for you, your family and your life. We will break down the myths surrounding this issue, and provide information and resources, so be sure to bring your questions! Refreshments provided.

Location: MRC-Flatirons
Instructor: Kim Evans, Senior Real Estate Specialist
2/13 Tu 1:00 – 2:30 PM FREE 11460311

NEW Gluten-Free Baking

Join us to learn the basics of gluten-free baking. We will discuss recipes, ingredients, correct flours and techniques to make wonderful baked goods from scratch. We will make several gluten-free baked goods in class for you to practice some new skills, sample, and take home recipes. Supply fee \$5, payable to instructor. Space is limited.

Location: MRC-Kitchen Instructor: Marva Jolly, PE, MNT
2/20 Tu 3:30 – 5:30 PM \$15/\$12 11460111

Bridge Lessons

Come learn this fun and challenging game! This series teaches the basics of the game in a relaxed, non-competitive atmosphere. Bidding, card play and defense are taught with emphasis on the enjoyable features of the game. Whether you are fairly new or you have learned Bridge before but it's been a while, this is a chance to update your skills.

Location: MRC-Peak Instructor: Jim Buck
12/6 – 1/17 W 10:00 AM – NOON \$50/\$40 11465111
1/24 – 2/21 W 10:00 AM – NOON \$50/\$40 11465112

Español for Beginners

¿Que paso? In this introductory Spanish class you will learn phrases and vocabulary. Practice pronunciation and have simple conversations with your classmates. Printed learning materials are provided.

Location: MRC-Eldorado Instructor: Rissa Dickey
1/9 – 2/20 Tu 9:00 – 10:00 AM \$48/\$38 11465411

Spanish, Next Level

This next level class includes expanding your vocabulary with dialogue or conversation. We will review and work on the most commonly used verbs. As always, we will keep it fun, interactive and simple. Printed learning materials are provided.

Location: MRC-Eldorado Instructor: Rissa Dickey
1/9 – 2/20 Tu 10:00 – 11:15 AM \$55/\$44 11465511

Spanish III

¡Bienvenidos! Continue to sharpen your Spanish-speaking skills. This interactive class builds further on what you have learned. You will focus on more complex forms of conversation, using proper grammar, pronunciation, and a variety of new vocabulary. A background in Spanish is recommended.

Instructor: Jeanne Kunkel
12/4 – 2/19 M 8:30 – 10:30 AM \$56/\$45 11465611
No class 12/25, 1/1

Active Minds

Participate in this mind-stimulating program that delves into a current topic of interest in the world. Deepen your understanding and engage in thoughtful discussion around how the events have changed the world. You are guaranteed to leave with eye-opening new insights and understanding! Active Minds is a Denver based organization that provides instructor-lead educational seminars for seniors. Monthly topics are announced at the beginning of each month and selected based on what is happening in the world. Please sign up at the Front Desk.

Location: MRC-Peak Instructor: Active Minds Instructor
12/22, 1/26, 2/23 F 10:00 – 11:00 AM FREE





ADULT ATHLETICS

Looking to join a team or need a few more players to complete your team? Join the Free Agent List!
Contact Lindsay at Lpeterson@englewoodco.gov or 303-762-2697.
More information is available at teamsideline.com/englewoodrec.

Adult Winter Volleyball Leagues

(Ages 16+)

Coed, Men's and Women's leagues available. 10 weeks plus single elimination tournament. Leagues start the week of January 15.

Deadline to register is January 5. **NEW** Friday Women's 4s @ ERC

STARTS THE WEEK OF 1/15 M – Th 10- WEEKS + TOURNAMENT \$315/\$285 12350011

Men's Adult Winter Basketball Leagues

(Ages 18+)

Sunday Men's Rec, Sunday Men's Comp, Monday Men's Rec, Monday Men's Comp. 8 games plus single elimination tournament. Leagues start the week of January 7. Deadline to register is December 28.

STARTS THE WEEK OF 1/7 Su & M 8- GAMES + TOURNAMENT \$430/\$395 12352011

RACQUET SPORTS

Class	Activity #	Age Group	Dates	Days	Time	Location	Fee	Res Fee	Reg Deadline
Private Racquetball Lessons	12357111	16+ Years	Ongoing	Vary	Vary	ERC	\$26.25	\$21	Ongoing

Pickleball 101

Looking to learn how to play the fastest growing sport in America? Pickleball 101 is your opportunity to learn the ins and outs of Pickleball. All equipment is provided. Participants must register by the deadline. Contact Lindsay at Lpeterson@englewoodco.gov or 303-762-2697 for more information about Pickleball.

PICKLEBALL CLASSES

Class	Activity #	Ages	Date	Day	Time	Location	Fee	Res Fee	Reg Deadline
Pickleball 101	12358011	50+	1/19	Fri	10 AM – NOON	ERC	\$5	\$3	1/16
	12358012	50+	2/16	Fri	10 AM – NOON	ERC	\$5	\$3	2/13
	12358013	50+	3/16	Fri	10 AM – NOON	ERC	\$5	\$3	3/13



YOUTH ATHLETICS

Contact Lindsay at 303-762-2697 or Lpeterson@englewoodco.gov for more information.



PIRATE YOUTH SPORTS

Building community, tradition and excellence! Our vision is to develop the community of Englewood and its youth through high-quality youth sports programs.

BASEBALL • BASKETBALL • CHEERLEADING • FOOTBALL • LACROSSE • SOFTBALL • VOLLEYBALL • WRESTLING

Register for all winter youth sports at pirateyouthsports.com

Contact us at president@pirateyouthsports.com or 303-907-3667

Englewood Soccer is ready to begin the Spring 2018 Season!

Register online at englewoodsoccer.org. Games are every Saturday at various parks throughout the Denver Metro area with games beginning in March. Practices are usually two nights a week depending on coach and team. Practices are held at various parks throughout Englewood. If you have questions, please contact us at 303-669-0402 or englewoodsoccer@live.com.



Peewee Athletics Classes

In these four week long sessions, you and your child will learn basic skills of the sport along with teamwork and sportsmanship. Parents can play an active role in the class. Wear comfortable clothes, closed-toed shoes, bring water and be ready for a lot of fun! To register for the Peewee Athletic Classes and Racquet Sports, go to englewoodco.gov/register and click the Athletics box. Contact Lindsay at Lpeterson@englewoodco.gov or 303-762-2697 for more information about the Peewee Athletic Classes.

PEEWEE ATHLETICS CLASSES

Class	Activity #	Ages	Dates	Day	Time	Location	Fee	Res Fee	Reg Deadline
Little Hoopsters Basketball	12331111	3 – 5 years	1/6 – 1/27	Sa	8:30 – 9:15 AM	ERC	\$50	\$40	1/3
	12331112	3 – 5 years	2/3 – 2/24	Sa	9:30 – 10:15 AM	ERC	\$50	\$40	1/31
	12331113	3 – 5 years	3/3 – 3/24	Sa	10:45 – 11:30 AM	ERC	\$50	\$40	2/28
Little Kickers Soccer	12331011	3 – 5 years	1/6 – 1/27	Sa	9:30 – 10:15 AM	ERC	\$50	\$40	1/3
	12331012	3 – 5 years	2/3 – 2/24	Sa	8:30 – 9:15 AM	ERC	\$50	\$40	1/31
	12331013	3 – 5 years	3/3 – 3/24	Sa	8:30 – 9:15 AM	ERC	\$50	\$40	2/28
Sport Sampler*	12331211	3 – 5 years	1/6 – 1/27	Sa	10:45 – 11:30 AM	ERC	\$50	\$40	1/3
	12331212	3 – 5 years	2/3 – 2/24	Sa	10:45 – 11:30 AM	ERC	\$50	\$40	1/31
	12331213	3 – 5 years	3/3 – 3/24	Sa	9:30 – 10:15 AM	ERC	\$50	\$40	2/28

*Kids will learn a different sport each week including soccer, t-ball, flag football, and basketball.



Program Administrator: Kathy Wallace • kwallace@englewoodco.gov • 303-762-2679
Facility Supervisor: Brad Anderson • banderson@englewoodco.gov • 303-762-2659

Hours

M–Th: 5:30 AM – 9:30 PM
Fri: 5:30 AM – 7:45 PM
Sa/Su: 8:00 AM – 4:30 PM

Pool Safety Guidelines

Children under 8 years old must be directly supervised by an adult in the pool area. Adults must provide in-water supervision of children unable to pass the swim test.

**Supervise your children! No diving.
No breath-holding, please.**

The Swim Test

Children under 8 years old must be able to swim 10 meters by themselves to go down the big slide or to be out of reach of an adult.

Pool Features

- 8 lanes, 25 meters
- Body slide (must pass a swim test)
- 2 – 3 ft. shallow children’s area with easy access stairs
- Small slides
- Family Changing Rooms
- Dry Sauna 180 – 200°
- ADA Accessible
- Pool temp 86° year-round

Rec Swim

Gather the troops and head on down for an afternoon of fun. Toss the ball, dive for rings, or take a ride down the slides. Big slide is available upon request M – F. Rec Swim is not available Saturday mornings.

Lap Swim

1 – 2 lanes are available most days and times. 2 swimmers, split the lane. 3 or more, circle swim.



POOL SCHEDULE

Class	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Masters			5:30 – 7:00 AM		5:30 – 7:00 AM		
Lap Swim (3 – 5 lanes)	8:00 AM – 1:00 PM	5:30 – 7:00 AM 10:00 AM – 1:00 PM	NOON – 1:00 PM	5:30 – 7:00 AM 10:00 AM – 1:00 PM	NOON – 1:00 PM	5:30 – 7:00 AM 11:00 AM – 1:00 PM	
Modified Lap (2 – 3 lanes)	1:00 – 4:30 PM	7:00 – 10:00 AM 1:00 – 9:30 PM	5:30 AM – NOON 1:00 – 9:30 PM	7:00 – 10:00 AM 1:00 – 9:30 PM	5:30 AM – NOON 1:00 – 9:30 PM	7:00 – 11:00 AM 1:00 – 7:45 PM	8:30 AM – 4:30 PM
Rec Swim	1:00 – 4:30 PM	1:00 – 4:30 PM 7:30 – 9:30 PM	1:00 – 4:30 PM 7:30 – 9:30 PM	1:00 – 4:30 PM 7:30 – 9:30 PM	1:00 – 4:30 PM 7:30 – 9:30 PM	1:00 – 4:30 PM 6:30 – 7:45 PM	1:00 – 4:30 PM
Water Fitness		7:00 – 8:00 AM 9:00 – 10:00 AM	8:00 AM – NOON 5:30 – 6:30 PM	7:00 – 8:00 AM 9:00 – 10:00 AM	8:00 AM – NOON 5:30 – 6:30 PM	7:00 – 11:00 AM	
Swim Lessons		5:00 – 7:15 PM	8:30 AM – NOON 5:00 – 7:15 PM	1:00 – 3:00 PM 5:00 – 7:15 PM	8:30 AM – NOON 5:00 – 7:15 PM		8:30 AM – NOON
Water Walking	ANYTIME	ANYTIME	ANYTIME	ANYTIME	ANYTIME	ANYTIME	ANYTIME
Swim Team		4:00 – 8:30 PM	4:00 – 8:30 PM	4:00 – 8:30 PM	4:00 – 8:30 PM		7:00 – 8:30 AM
Tot Area	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	OPEN – CLOSE	NOON – 4:30 PM

Very limited lap lanes during swim lessons.

WATER FITNESS

No Classes 12/25 – 1/1

Aqua HIIT

High intensity followed by active recovery = all gain with no pain.
Location: ERC POOL
Instructor: Sara Mize
12/5 – 1/2 Tu 5:30 – 6:30 PM \$23/\$19/\$5 11250611
1/9 – 1/30 Tu 5:30 – 6:30 PM \$23/\$19/\$5 11250621
2/6 – 2/27 Tu 5:30 – 6:30 PM \$23/\$19/\$5 11250631

Aqua Power

Add water to your everyday routine and see the difference.
Location: ERC POOL
Instructor: Kathy Tabor
12/7 – 1/4 Th 5:30 – 6:30 PM \$23/\$19/\$5 11250211
1/11 – 2/1 Th 5:30 – 6:30 PM \$23/\$19/\$5 11250221
2/8 – 3/1 Th 5:30 – 6:30 PM \$23/\$19/\$5 11250231

Senior Water Fitness

Rediscover the fountain of youth where splashing and smiling isn’t just for kids. Location: ERC POOL

12/4 – 3/2	M/W/F	7:00 – 8:00 AM	\$53/\$42/\$15	11260111	Christi
12/4 – 3/2	M/W/F	9:00 – 10:00 AM	\$53/\$42/\$15	11260112	Liz/Christi
12/5 – 3/2	Tu/Th/F	8:00 – 9:00 AM	\$53/\$42/\$15	11260113	Liz
12/5 – 3/2	Tu/Th/F	9:00 – 10:00 AM	\$53/\$42/\$15	11260114	Judy/Christi

Fees: Non-resident / Resident / SilverSneakers®

Splash Aqua

Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning.
Location: ERC POOL
Instructor: Sara Mize
12/5 – 3/2 Tu/Th/F 10:00 – 11:00 AM \$53/\$42/\$15 11260311

Arthritis Aqua

Do you suffer from arthritis? One of the best ways to control pain, increase flexibility, and improve daily function is through aquatic exercise.
Location: ERC POOL Instructor: Christi Slade
12/5 – 3/2 Tu/Th 11:00 – NOON \$53/\$42/\$15 11260211
F 10:00 – 11:00 AM

PARTY WITH US!

All parties include a host, paper products, lemonade, and your choice of cake & ice cream, or pizza.



Pool Parties

Saturdays & Sundays
12:30 PM or 2:30 PM
• All parties begin in the party room for 1 hour with your host, and end with unlimited swimming until close
• Parties for children under 8 years old require 3 – 5 adults actively supervising in the water with a swimsuit on.

Active Kids Parties

Saturdays & Sundays
• Get their heart pumping with active sports like dodgeball and basketball, or become tiny tumblers. Ask about all our activities and times available.
• 2 hours: 1 hour activity, 1 hour party room

\$135: 1 – 15 guests
\$150: 16 – 20 guests

Stay & Play!

Add the pool to your Active Kids party for only \$49! It includes swimming for supervising adults, too! Reservations require a \$75 deposit or full payment if within 10 days. Contact Kathy Wallace to make your reservation at 303-762-2680 or kwallace@englewoodco.gov.



SWIMMING LESSONS

All swimming lessons on this page take place at the Englewood Recreation Center • 1155 W. Oxford Ave.

Infant and Toddler

Babes & Tots (6 months – 3 years)

Introduction to the water with a focus on safety and primary water skills including submersion, bubbles, and water play in a fun, family environment.

Jellyfish (2½ – 3½ years)

The next step for a toddler ready to explore the pool on their own, with an instructor. These little ones must be adventurous and ready to take instruction. These are graduates of the infant program and go under water willingly.

Preschool

Seahorse (3 – 5 years)

These little ones may be cautious, but are ready to start the basics. A gentle approach using songs and games is used to help them gain confidence and trust.

Seal (3 – 5 years)

These little ones are happiest going under water and are just starting to float on their own.

Otter (4 – 5 years)

These little ones can float for 10 seconds, roll over, and kick 10 meters to safety.

Sea Lion (4 – 5 years)

These are our most experienced little swimmers working on freestyle and backstroke drills, with the goal of being able to swim 15 meters with ease.

School Age

Stingray (6 – 14 years)

Swimmers with limited experience or basic skills should start here. Cautious and adventurous alike will find success in this class. Floating, kicking, and breathing will be mastered here.

Dolphin (6 – 14 years)

Swimmers will be conditioned to float, kick, and breathe for longer distances while core swimming skills are introduced and mastered. Swimmers will master freestyle and backstroke drills for 15 – 25 meters.

Swordfish (6 – 14 years)

Swimmers at this level are well conditioned and beginning to swim up to 25 meters of freestyle, backstroke, and elementary backstroke with ease. Dolphin kick and treading water will be introduced.

Barracuda (6 – 14 years)

Swimmers are working towards 50 meters of freestyle and backstroke with efficiency and ease. Butterfly and breaststroke drills are introduced and refined. Open turns, treading water for time, and advanced safety skills are included.

Shark (6 – 14 years)

Swimmers completing this class will have all the skills necessary to swim for fitness, join a swim team, or take lifeguard training.

Tidal Waves Swim Team

Take your swimming skills to the next level on our year-round CARA recreational swim team. Swimmers must be proficient in freestyle and backstroke for 25 meters. Ages 6 – 17 years.

Location: ERC POOL

Instructor: TBD

1/8 – 4/30 M/W 5:30 – 6:30 PM \$93/\$75 11230911

Home School Lessons

Join the fun in our home school lessons. Open swim is included for the swimmers and parents as part of our afternoon experience. Parents who actively supervise their non-swimmers under 8 years old, add to our layers of protection. Please email kwallace@englewoodco.gov for placement and exact class times.

HOME SCHOOL SWIMMING

3 – 7 yrs	1/10 – 1/31	W	1:00 – 3:30 PM	\$30	11230811
8 – 13 yrs	1/10 – 1/31	W	1:00 – 3:30 PM	\$25	11230812
3 – 7 yrs	2/7 – 2/28	W	1:00 – 3:30 PM	\$30	11230821
8 – 13 yrs	2/7 – 2/28	W	1:00 – 3:30 PM	\$25	11230822

AQUATIC PERSONAL TRAINING

Private Swim Lessons

If you need more flexibility or an individualized approach to your unique needs, sign up for private swim lessons. Please allow up to 2 weeks for placement with an available instructor. Call 303-762-2680 or email kwallace@englewoodco.gov to schedule your lesson.

	Private Swim 1 Student	Semi Private Swim 2 Students	Aquatic PT 1 Student	Semi Private Aquatic PT 2 students
	30 Min	30 Min	60 Min	60 Min
1 lesson	\$25	\$33	\$50	\$62
3 lessons	\$66	\$85	\$125	\$140

Not a Masters Swim Team

Age: 15 yrs +

Coach-led workouts to fit the goals of novice swimmers or long time devotees to the 5:00 AM workout. Must love flip-flops & early mornings.

Instructor: David Lee, ASCA Certified

Tu/Th 5:30 – 7:00 AM, Daily: \$7/\$6

10 punches: \$66/\$50, 20 punches: \$112/\$90

WEEKDAY SWIM LESSONS

4 weeks • 8 lessons

Fee: \$45/\$36 *Fee: \$40/\$32 (Session 1 M/W only)

Session:		M/W			Tu/Th		
		1*	2	3	1	2	3
Class	Time	12/4 – 1/3	1/8 – 1/31	2/5 – 2/28	12/5 – 1/4	1/9 – 2/1	2/6 – 3/1
Babes & Tots	9:05 – 9:35 AM				11210111	11210112	11210113
Jellyfish	9:40 – 10:05 AM				11210211	11210212	11210213
	5:00 – 5:25 PM	11210221	11210222	11210223	11210241	11210242	11210243
Seahorse	10:10 – 10:40 AM				11220111	11220112	11220113
	5:00 – 5:25 PM	11220121	11220122	11220123	11220141	11220142	11220143
Seal/Otter	10:45 – 11:15 AM				11220211	11220212	11220213
Seal	5:30 – 6:00 PM	11220221	11220222	11220223	11220241	11220242	11220243
Otter	5:30 – 6:00 PM				11220341	11220342	11220343
	6:05 – 6:35 PM	11220321	11220322	11220323			
Sea Lion	6:05 – 6:35 PM	11220421	11220422	11220423			
Stingray	5:30 – 6:00 PM	11230111	11230112	11230113			
	6:05 – 6:35 PM				11230121	11230122	11230123
Dolphin	6:05 – 6:35 PM				11230221	11230222	11230223
	6:40 – 7:10 PM	11230211	11230212	11230213			
Swordfish	6:40 – 7:10 PM	11230311	11230312	11230313	11230321	11230322	11230323
Barracuda/Shark	6:40 – 7:10 PM				11230421	11230422	11230423

SATURDAY MORNING SWIM LESSONS

4 weeks • 4 lessons

Fee: \$24/\$20

Session:		1	2	3
Class	Time	12/2 – 12/23	1/13 – 2/3	2/10 – 3/3
Babes & Tots	10:00 – 10:30 AM	11210131	11210133	11210135
	10:35 – 11:05 AM	11210132	11210134	11210136
Jellyfish	9:30 – 9:55 AM	11210231	11210232	11210233
Seahorse	10:00 – 10:30 AM	11220131	11220133	11220135
	10:35 – 11:05 AM	11220132	11220134	11220136
Seal	10:00 – 10:30 AM	11220231	11220233	11220235
	10:35 – 11:05 AM	11220232	11220234	11220236
Otter	8:50 – 9:20 AM	11220331	11220332	11220333
Sea Lion	11:10 – 11:50 AM	11220431	11220432	11220433
Stingray	9:15 – 9:55 AM	11230131	11230133	11230135
	11:10 – 11:50 AM	11230132	11230134	11230136
Dolphin	9:15 – 9:55 AM	11230231	11230233	11230235
	11:10 – 11:50 AM	11230232	11230234	11230236
Swordfish	8:30 – 9:10 AM	11230331	11230332	11230333
Barracuda/Shark	8:30 – 9:10 AM	11230431	11230432	11230433



SKI TRIPS

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Cross Country, Snowshoe, Downhill or Shopping

Adding a twist to outdoor trips; shopping! If you do not want to hit the snow but want to get out into the mountains, ride the Malley Ski Bus to a mountain town. Explore, shop, have lunch and the Malley Ski Bus will pick you back up at the end of the day. Find the destination location in bold below.

Grab your skis, choose your favorite location and hit the snow! Get your equipment tuned before you go, so you don't miss a thing. Bring your lunch and ski equipment. Fee includes transportation and driver. If two different locations are indicated for that day, the driver will be dropping

off at both locations. You may Cross Country Ski (CC), Snow Shoe (SS), or Down Hill Ski (DH). If you are new to the sport or need improvement, lessons are available at most locations. Destinations are subject to change. Registration deadline is 7 days prior to the trip.

Catch the Ride

If you live in Lakewood, Golden or on the west side of the Denver Metro area and want to go skiing but do not want to drive, catch a ride on the Malley Ski Bus. The Bus will pick you up at the parking lot off I-70 and Morrison Road. You must register through Malley and pre-arrange the pickup with Joyce.

12160111	1/25	Th	7:30 AM – 5:00 PM	Devil's Thumb / Winter Park	CC, SS, DH	\$20/\$16
12160212	2/15	Th	7:30 AM – 5:00 PM	Breck N.C. / Breckenridge	CC, SS, DH	\$20/\$16
12160313	2/20	Tu	7:30 AM – 5:00 PM	Gold Run / Copper Mtn – Frisco	CC, SS, DH	\$20/\$16
12160314	3/8	Th	7:30 AM – 5:00 PM	Snow Mtn Ranch / Winter Park	CC, SS, DH	\$20/\$16



ADULT FITNESS

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Drop-in Rates

Daily Group Fitness	\$8/\$6
Daily Yoga	\$10/\$8
12-Visit Group Fitness Pass	\$75/\$60
12-Visit Yoga Pass	\$130/\$90

Drop-in not available for Pilates Reformer, Tai Chi For Balance or Group Personal Training Classes. See page 31 for drop-in childcare.

ERC Fitness Orientation

Age: 13 yrs. & older

Ready to get started on our new equipment? Learn to correctly operate the TechnoGym weight machines and cardiovascular equipment in a group setting. Please register at least two days in advance to assure your place in class. This orientation is a prerequisite for all 13- and 14-year-olds wishing to utilize the weight and cardiovascular areas within the Recreation Center.

Location: ERC-WGT

12/9	Sa	9:00 – 10:30 AM	FREE	12253511
1/4	Th	6:00 – 7:30 PM	FREE	12253512
2/8	Th	6:00 – 7:30 PM	FREE	12253513

Personal Training

Get Inspired, Boost Your Confidence, and Accomplish Your Goals!

The benefits of working with a personal trainer include:

- Individualized fitness program specifically designed for you.
- Efficient workout program with innovative ways to improve your health.
- Professional assistance in improving strength, flexibility, endurance, posture, balance, coordination and cardiovascular health.
- Instruction on correct form and technique for cardiovascular exercise and strength training.
- Progressive assistance as you progress.

To schedule an appointment, please call our Personal Training line at 303-762-2678. Each session is 60 minutes.

	Sessions	Fee	Res. Fee
Private	3	\$144	\$115
	6	\$248	\$198
	10	\$400	\$320
Semi-Private 2 – 3 people	3	\$194/group	\$155/group
	6	\$338/group	\$270/group
	10	\$531/group	\$425/group

Note: No-shows and cancellations not made with your personal trainer at least 24 hours in advance result in loss of the session.

Nutrition Counseling

The registered dietitians on our referral list offer individualized nutritional counseling for all ages. They can assist with weight management, chronic disease prevention, vegetarian and sports nutrition, medical nutrition therapy, women's health issues and pediatric nutrition. Call 303-762-2678 for our Registered Dietitian Referral list.

THE ZONE AT ERC CLASS SCHEDULE

DAY	TIME	CLASS
M	6:30 AM	Kettlebells and Bodyweight
M	6:00 PM	Ultimate Fitness
Tu	9:30 AM	Low Impact/High Intensity
W	6:00 PM	Burn and Build
Th	10:00 AM	Intro to Balance and Core
F	7:30 AM	Sports Explosion
Sa	9:00 AM	Ultimate Fitness



Classes Now In Session! Only \$10 per class!

Join TETRO Performance and their certified coaches for a variety of challenging and motivational classes. Be sure to check the front desk or visit TetroPerformance.com/blog for class times and descriptions. See Adult Fitness page for our 1/11 class on "Using Technology to Improve your Health & Fitness".

Service Provider for **The Zone** at the Englewood Recreation Center

TETRO

PERFORMANCE

Only \$10 per class

BE DEFINED BY YOUR EFFORT

GROUP TRAINING CLASSES - BEGINNER/INTERMEDIATE/ADVANCED LEVELS
MEDICINE BALL - BATTLE ROPES - KETTLEBELL/TRX - FUNCTIONAL TRAINING
STRETCHING/FLEXIBILITY

Additional services:
Personal Training, Online Training, Corporate Wellness, Concierge Service, Nutrition Counseling, Wellness Coaching, Active Older Adults (55+), Athletic Coaching

For class schedule and additional information go to www.tetroperformance.com/blog

Barre Sculpt

Age: 13 yrs. & older

Use the ballet barre, lightweights, isometric exercises, and your body’s balance to firm, lengthen, lift, and sculpt graceful arms, thighs, abs, and glutes. It is gentle on the joints but gives powerful results.
Instructor: Stacy Lochowicz

TRX Boot Camp

Age: 13 yrs. & older

Fire up your metabolism, burn calories and get stronger and leaner, faster. TRX Suspension Trainers will be incorporated into the workout. Previous experience is not necessary.
Instructor: Rachael Helmers

NEW Weights & More

Age: 18 yrs. & older

Increase strength and endurance while improving bone density. Expand your weight room workout in a group setting with the guidance of a personal trainer. Moderate fitness level and higher.
Instructors: Libby Butler

Zumba® (New lunch-time class)

Age: 13 yrs. & older

Join the party! Zumba® is a Latin-inspired dance-fitness class that combines energizing music and easy-to-follow moves for a fun, effective cardiovascular workout. This class is a blend of fast and slow rhythms and resistance training that tone and sculpt the body.
Instructor: Lisa Pope (Monday) and Kristi Lone (Wednesday)

Indoor Cycling

Age: 13 yrs. & older

Optimum fat burning awaits you on this journey! This class will simulate varied terrain and drills to give you a great interval workout. Class participants assist with equipment set-up and breakdown. Bike pedals compatible with athletic shoes, SPD and Look cleats.
Instructors: Stacy Lochowicz & TBA (Tuesday), Erica Krier (Wednesday) and Libby Butler (Thursday & Saturday)

NEW Zumba® Toning

Age: 13 yrs. & older

Have fun dancing with an extra emphasis on toning and sculpting to define those muscles! Adding light weights helps to focus on specific muscle groups, such as arms, core and lower body.
Instructor: Maureen Plotnicki

Essentrics®

Age: 13 yrs. & older

A dynamic workout to stretch, strengthen and rebalance the full muscular structure, leaving you more flexible and agile. Great for athletes looking to increase their range of motion and increase speed and agility. Prepares muscles and tendons to withstand maximum demands.
Instructor: Paulette Fara-Schembri

NEW Lunch Blast

Age: 13 yrs. & older

Get fit in this quick, fun 30-minute mid-day class. Use a variety of equipment to increase strength, flexibility, and balance. Your personal trainer will keep you moving and laughing.
Instructor: Cliff Penny

NEW Fit Body Express

Age: 13 yrs. & older

A high-intensity endurance-based workout consisting of a 15-minute exercise practice and 30-minute interval training. Intervals will be three minutes of strength, two minutes of cardio, and one minute of core. Shed fat, define muscle, transform the look of your entire physique, and dramatically enhance your overall health and athletic performance.
Instructor: Libby Butler

Fitness Fusion

Age: 13 yrs. & older

You will never get bored with this eclectic blend of exercises. TRX Suspension and Rip Trainers will be used along with BOSUs, glides, dumbbells and body weight training. You will get the ideal mix of strength, endurance, balance, coordination, flexibility, power, and core stability. Instructor: Libby Butler

NEW Using Technology to Improve your Health & Fitness



Learn how to use different forms of health and fitness technology, applications and online support systems to gain the advantage on your goals. This class will help you make the right decisions when purchasing and choosing technology as well as helping you set up and use some of the more popular products and online programs.
Location: ERC-AA2
Instructor: TETRO Performance Staff
1/11 Th 6:00 – 7:00 PM \$15
Register at [TetroPerformance.com](https://www.tetroperformance.com)

Fitness Drop-in Rates

Daily Group Fitness	\$8/\$6
12-Visit Group Fitness Pass	\$75/\$60

Drop in not available for Pilates Reformer, Tai Chi for Balance, or Group Personal Training Classes.

ADULT FITNESS CLASS LIST

Class	Activity #	Dates	Days	Times	Location	Fee	Res Fee
Barre Sculpt <i>No Class: 12/25</i>	12251011	12/4 – 12/18	M	10:30 – 11:30 AM	MRC-BLRM	\$23	\$18
	12251012	1/8 – 1/29	M	10:30 – 11:30 AM	MRC-BLRM	\$30	\$24
	12251013	2/5 – 2/26	M	10:30 – 11:30 AM	MRC-BLRM	\$30	\$24
TRX Boot Camp <i>No Class: 12/25</i>	12250411	12/4 – 12/18	M	5:25 – 6:25 PM	ERC-FIT	\$16	\$13
	12250412	1/8 – 1/29	M	5:25 – 6:25 PM	ERC-FIT	\$21	\$17
	12250413	2/5 – 2/26	M	5:25 – 6:25 PM	ERC-FIT	\$21	\$17
NEW Weights & More <i>No Class: 12/25</i>	12253311	12/4 – 2/26	M	6:35 – 7:35 PM	ERC-WGT	\$86	\$69
Zumba® <i>No Class: 12/25</i>	12250911	12/4 – 12/18	M	6:35 – 7:35 PM	ERC-FIT	\$16	\$13
	12250912	1/8 – 1/29	M	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
	12250913	2/5 – 2/26	M	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
Barre Sculpt	12251021	12/5 – 12/19	Tu	5:25 – 6:25 PM	ERC-FIT	\$21	\$17
	12251022	1/2 – 1/30	Tu	5:25 – 6:25 PM	ERC-FIT	\$28	\$22
	12251023	2/6 – 2/27	Tu	5:25 – 6:25 PM	ERC-FIT	\$28	\$22
Indoor Cycling	12250311	12/5 – 12/26	Tu	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
	12250312	1/2 – 1/30	Tu	6:35 – 7:35 PM	ERC-FIT	\$28	\$22
	12250313	2/6 – 2/27	Tu	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
Indoor Cycling	12250321	12/6 – 12/27	W	5:30 – 6:30 PM	ERC-FIT	\$21	\$17
	12250322	1/3 – 1/31	W	5:30 – 6:30 PM	ERC-FIT	\$28	\$22
	12250323	2/7 – 2/28	W	5:30 – 6:30 PM	ERC-FIT	\$21	\$17
NEW Zumba®	12250921	12/6 – 12/27	W	11:45 AM – 12:30 PM	ERC-FIT	\$21	\$17
	12250922	1/3 – 1/31	W	11:45 AM – 12:30 PM	ERC-FIT	\$28	\$22
	12250923	2/7 – 2/28	W	11:45 AM – 12:30 PM	ERC-FIT	\$21	\$17
NEW Zumba® Toning	12251611	12/6 – 12/27	W	5:30 – 6:20 PM	ERC-AA2	\$21	\$17
	12251612	1/3 – 1/31	W	5:30 – 6:20 PM	ERC-AA2	\$28	\$22
	12251613	2/7 – 2/28	W	5:30 – 6:20 PM	ERC-AA2	\$21	\$17
Essentrics®	12251411	12/6 – 12/27	W	6:35 – 7:35 PM	ERC-AA2	\$30	\$24
	12251412	1/3 – 1/31	W	6:35 – 7:35 PM	ERC-AA2	\$28	\$30
	12251413	2/7 – 2/28	W	6:35 – 7:35 PM	ERC-AA2	\$30	\$24
NEW Lunch Blast	12251211	12/7 – 12/28	Th	12:30 – 1:00 PM	ERC-FIT	\$18	\$14
	12251212	1/4 – 1/25	Th	12:30 – 1:00 PM	ERC-FIT	\$18	\$14
	12251213	2/1 – 2/22	Th	12:30 – 1:00 PM	ERC-FIT	\$18	\$14
NEW Fit Body Express	12250811	12/7 – 12/28	Th	5:45 – 6:30 PM	ERC-FIT	\$20	\$16
	12250812	1/4 – 1/25	Th	5:45 – 6:30 PM	ERC-FIT	\$20	\$16
	12250813	2/1 – 2/22	Th	5:45 – 6:30 PM	ERC-FIT	\$20	\$16
Indoor Cycling	12250341	12/7 – 12/28	Th	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
	12250342	1/4 – 1/25	Th	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
	12250343	2/1 – 2/22	Th	6:35 – 7:35 PM	ERC-FIT	\$21	\$17
Indoor Cycling	12250331	12/2 – 12/30	Sa	8:05 – 9:05 AM	ERC-FIT	\$28	\$22
	12250332	1/6 – 1/27	Sa	8:05 – 9:05 AM	ERC-FIT	\$21	\$17
	12250333	2/3 – 2/24	Sa	8:05 – 9:05 AM	ERC-FIT	\$21	\$17
Fitness Fusion	12250611	12/2 – 12/30	Sa	9:10 – 10:10 AM	ERC-FIT	\$28	\$22
	12250612	1/6 – 1/27	Sa	9:10 – 10:10 AM	ERC-FIT	\$21	\$17
	12250613	2/3 – 2/24	Sa	9:10 – 10:10 AM	ERC-FIT	\$21	\$17



ACTIVE ADULT FITNESS

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

All of the classes on this page are designed for ages 55 and older; there is space available for ages 18 – 54.

Fitness Club



Improve your level of fitness with low-impact aerobics and flexibility training, followed by strengthening exercises. SilverSneakers® welcome. Instructors: Stacy Lochowicz (Monday) and Kristy Lone (Wednesday)

SilverSneakers® Classic



Move to the music through a variety of exercises designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing with handles and a ball are used. A chair is used for support. Class is open to all. Instructors: Stacy Lochowicz (M Malley) and Kristy Lone (W Malley) and Catherine Glenn (Tu/Th ERC)

NEW Parkinson's & MS Fitness

Improve your quality of life by restoring lost functions. Participants perform exercises that have been proven to strengthen handwriting skills, gait, walking, rigidity, and posture. Each class is designed to advance participant progress by increasing repetitions, holding longer poses, and meeting new challenges. Requisite: Participants who need individual assistance must be accompanied. Instructor: Stacy Lochowicz

Forever Fit



Charge your heart and engage your body with strengthening, cardio, and stretching moves. Use hand weights, bands, small balls, and a chair for support. SilverSneakers® welcome. Instructor: Christi Slade (Tuesday) and Barbara Meadows (Thursday)

Total Body Fitness



Stay fit, agile and active while increasing muscle strength, cardiovascular function, coordination, balance, and range of motion in both the upper and lower body. SilverSneakers® welcome. Instructor: Doug Smith

Mobile & Agile



Focus on improving your mobility, agility, and coordination with strengthening, balancing, and toning exercises. Improve your overall level of fitness while having fun. This class uses bands, balls, and a chair if needed. SilverSneakers® welcome. Instructor: Kristy Lone

Beginning Weight Training

Age: 55 yrs. & older

A personal trainer will introduce you to the basics of weight training and teach you to utilize both the circuit and free weight equipment safely and effectively. Receive one-on-one attention in a group setting. Instructor: Marty Grims

Continuing Weight Training

Age: 55 yrs. & older

This self-guided class allows you to workout in the weight room with access to a personal trainer who can assist with advancing your fitness regime. You will have the flexibility to workout any time between 8:15 – 10:30 AM, Monday – Thursday. Three months of Beginning Weight Training or fitness staff approval. SilverSneakers® members use the SilverSneakers® number listed to register and swipe your card each time you come in. All others, please use the regular class number to register. Instructor: Marty Grims

Malley Fitness Orientation

If you are new to the Malley Fitness Center, we suggest attending an orientation to learn about our new TechnoGym weight equipment. Learn weight room safety, etiquette and receive an introduction to equipment adjustment and proper exercise techniques. This is not a weight-training class. Location: MRC-Eldorado

12/12	Tu	11:30 AM – 1:00 PM	FREE	12263511
1/11	Th	11:30 AM – 1:00 PM	FREE	12263412
2/10	Sa	9:30 – 11:00 AM	FREE	12263413



ACTIVE ADULT FITNESS CLASS LIST

Class	Activity #	Session	Days	Time	Locations	Fee	Res Fee	SS Fee
Fitness Club <i>No Class: 12/25</i>	12260111	12/4 – 12/27	M/W	9:00 – 10:00 AM	MRC-GYM	\$21	\$17	\$5
	12260112	1/3 – 1/31	M/W	9:00 – 10:00 AM	MRC-GYM	\$27	\$22	\$5
	12260113	2/5 – 2/28	M/W	9:00 – 10:00 AM	MRC-GYM	\$24	\$19	\$5
SilverSneakers® Classic <i>No Class: 12/25</i>	12261011	12/4 – 12/27	M/W	10:15 – 11:15 AM	MRC-GYM	\$22	\$17	
	12261012	1/3 – 1/31	M/W	10:15 – 11:15 AM	MRC-GYM	\$27	\$21	
	12261013	2/5 – 2/28	M/W	10:15 – 11:15 AM	MRC-GYM	\$24	\$19	
NEW Parkinson's & MS Fitness	12260911	12/4 – 12/18	M	1:45 – 2:45 PM	MRC-BLRM	\$13	\$10	
	12260911	1/8 – 1/29	M	1:45 – 2:45 PM	MRC-BLRM	\$17	\$13	
	12260911	2/5 – 2/26	M	1:45 – 2:45 PM	MRC-BLRM	\$17	\$13	\$5
Forever Fit	12260811	12/5 – 12/28	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$30	\$24	\$5
	12260812	1/2 – 1/30	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$34	\$27	\$5
	12260813	2/1 – 2/27	Tu/Th	8:30 – 9:30 AM	ERC-FIT	\$30	\$24	\$5
Total Body Fitness	12260511	12/5 – 12/28	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$30	\$23	\$5
	12260512	1/2 – 1/30	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$34	\$26	\$5
	12260513	2/1 – 2/27	Tu/Th	9:00 – 10:00 AM	MRC-GYM	\$30	\$23	\$5
SilverSneakers® Classic	12261111	12/5 – 12/28	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$24	\$19	
	12261112	1/2 – 1/30	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$26	\$22	
	12261113	2/1 – 2/27	Tu/Th	9:45 – 10:45 AM	ERC-FIT	\$24	\$19	
Mobile & Agile	12260611	12/6 – 12/27	W	1:15 – 2:15 PM	MRC-BLRM	\$16	\$13	\$5
	12260612	1/3 – 1/31	W	1:15 – 2:15 PM	MRC-BLRM	\$19	\$15	\$5
	12260613	2/7 – 2/28	W	1:15 – 2:15 PM	MRC-BLRM	\$16	\$13	\$5
Beginning Weight Training <i>No Class: 12/25</i>	12263211	12/4 – 12/27	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$24	\$19	
	12263212	1/3 – 1/31	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$31	\$25	
	12263213	2/5 – 2/28	M/W	9:00 – 10:00 AM	MRC-WGTRM	\$28	\$22	
	12263221	12/4 – 12/27	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$24	\$19	
	12263222	1/3 – 1/31	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$31	\$25	
	12263223	2/5 – 2/28	M/W	10:00 – 11:00 AM	MRC-WGTRM	\$28	\$22	
	12263231	12/5 – 12/28	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$28	\$22	
	12263232	1/2 – 1/30	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$31	\$25	
	12263233	2/1 – 2/27	Tu/Th	8:30 – 9:30 AM	MRC-WGTRM	\$28	\$22	
	12263241	12/5 – 12/28	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$28	\$22	
	12263242	1/2 – 1/30	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$31	\$25	
	12263243	2/1 – 2/27	Tu/Th	9:30 – 10:30 AM	MRC-WGTRM	\$28	\$22	
	12263311	12/4 – 12/28	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
	12263312	1/2 – 1/31	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
	12263313	2/1 – 2/28	M – Th	8:15 – 10:30 AM	MRC-WGTRM	\$33	\$26	
Continuing Weight Training SilverSneakers Members <i>No Class: 12/25</i>	12263321	12/4 – 12/28	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5
	12263322	1/2 – 1/31	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5
	12263323	2/1 – 2/28	M – Th	8:15 – 10:30 AM	MRC-WGTRM			\$5



YOGA & TAI CHI

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Yoga Drop-in Rates

Daily Yoga \$10/\$8
Yoga 12-Visit Pass \$112/\$90

Drop-in not available for Pilates Reformer, Tai Chi For Balance or Group Personal Training Classes.

Flow Yoga

Age: 13 yrs. & older
Alignment of the body in a sequence of poses linked together with the breath make this Vinyasa Yoga class an energizing and uplifting choice. Build endurance, flexibility, and strength while enjoying some gentle relaxation at the end of class. Some previous Yoga experience is recommended.
Instructor: Lucy Dagnillo (Tuesday) & TBA (Thursday)

Hatha Yoga

Age: 15 yrs. & older
Increase flexibility, build strength, calm the mind, and open the heart with Hatha Yoga. Hatha Yoga is a balanced combination of sustained poses with attention to alignment principles and integrated with the breath. Beginners are welcome to attend; this is an all-levels class.
Instructor: Erin Mathiason

Foundations Yoga

Age: 13 yrs. & older
Learn the basic Yoga poses and breathing techniques. Improve strength, flexibility and stress relief. This is the perfect class for someone with little or no previous Yoga experience.
Instructor: Roseanna Frechette

Energize Yoga

Age: 16 yrs. & older
Start your day energized, without the caffeine jitters. This combination of Hatha and Vinyasa moves will leave you stretched, focused and balanced for the day ahead.
Instructor: Erin Mathiason

Core Yoga

Age: 13 yrs. & older
Improve flexibility, balance and strength, especially in the core to protect the back. Modifications and props available. Appropriate for beginner and intermediate participants.
Instructors: Stephanie Turner

Chair Yoga

Age: 55 & older; 18 – 54 space available
Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
Instructor: Catherine Glenn



Yoga Light

Age: 55 & older; 18 – 54 space available
For individuals who desire a traditional yoga practice but require modifications for mobility limitations, this class is a perfect fit. Gently ease your way through stretches and poses and feel light on your feet. You must be able to get down and up from the floor.
Instructor: Barbara Meadows



Restorative Yoga

Age: 16 yrs. & older
Relax, renew, and restore your body and mind in this time dedicated to you. We use lots of props – bolsters, blankets, and blocks – to support the body into a state of deep relaxation. All poses are supported, either lying or seated on the floor in a quiet, warm, and safe environment.
Instructor: Catherine Glenn

Tai Chi for Better Balance

Age: 55 yrs. & older, 18 – 54 yrs. space available
Improve your balance while enhancing your agility and coordination with Tai Chi movements. The class format and design have been acknowledged as one of the few evidence-based interventions for the prevention of falls by the Centers for Disease Control and National Center for Injury Prevention and Control. Beginning and advanced classes are offered. Advanced class participation must be approved by the instructor.
Instructor: Patty Vogt

Therapeutic Tai Chi

Age: 55 yrs. & older, 18 – 54 yrs. space available
Manage chronic health conditions better and improve overall well-being. Based on a variety of true principled Tai Chi styles and forms. Movements are performed in a slow, relaxed manner with continual deep breathing to improve concentration and quiet the body. Strengthen muscles and joints, increase flexibility and coordination, improve posture and balance while integrating the mind, body, and spirit.
Instructor: Phred Hall

ACTIVE YOGA

Class	Activity #	Dates	Days	Times	Location	Fee	Res Fee	SS Fee
Flow Yoga	12257011	12/5 – 12/26	Tu	5:30 – 6:30 PM	ERC-AA2	\$30	\$24	
	12257012	1/2 – 1/30	Tu	5:30 – 6:30 PM	ERC-AA2	\$38	\$30	
	12257013	2/6 – 2/27	Tu	5:30 – 6:30 PM	ERC-AA2	\$30	\$24	
Hatha Yoga	12256911	12/5 – 12/26	Tu	6:30 – 7:45 PM	MRC-BLRM	\$33	\$26	
	12256912	1/2 – 1/30	Tu	6:30 – 7:45 PM	MRC-BLRM	\$40	\$32	
	12256913	2/6 – 2/27	Tu	6:30 – 7:45 PM	MRC-BLRM	\$33	\$26	
Foundations Yoga	12256211	12/6 – 12/27	W	6:45 – 8:00 PM	ERC-FIT	\$33	\$26	
	12256212	1/3 – 1/31	W	6:45 – 8:00 PM	ERC-FIT	\$40	\$32	
	12256213	2/7 – 2/28	W	6:45 – 8:00 PM	ERC-FIT	\$33	\$26	
Energize Yoga	12258011	12/7 – 12/28	Th	7:00 – 8:00 AM	ERC-FIT	\$30	\$24	
	12258012	1/4 – 1/25	Th	7:00 – 8:00 AM	ERC-FIT	\$30	\$24	
	12258013	2/1 – 2/22	Th	7:00 – 8:00 AM	ERC-FIT	\$30	\$24	
Flow Yoga	12257021	12/7 – 12/28	Th	5:30 – 6:30 PM	ERC-AA2	\$30	\$24	
	12257022	1/4 – 1/25	Th	5:30 – 6:30 PM	ERC-AA2	\$30	\$24	
	12257023	2/1 – 2/22	Th	5:30 – 6:30 PM	ERC-AA2	\$30	\$24	
Core Yoga	12257111	12/2 – 12/30	Sa	9:15 – 10:30 AM	MRC-BLRM	\$40	\$32	
	12257112	1/6 – 1/27	Sa	9:15 – 10:30 AM	MRC-BLRM	\$33	\$26	
	12257113	2/3 – 2/24	Sa	9:15 – 10:30 AM	MRC-BLRM	\$33	\$26	

GENTLE YOGA & TAI CHI

Class	Activity #	Dates	Days	Times	Location	Fee	Res Fee	SS Fee
Chair Yoga	12258311	12/5 – 12/28	Tu/Th	11:00 AM – NOON	ERC-FIT	\$37	\$30	\$5
	12258312	1/2 – 1/30	Tu/Th	11:00 AM – NOON	ERC-FIT	\$42	\$33	\$5
	12258313	2/1 – 2/27	Tu/Th	11:00 AM – NOON	ERC-FIT	\$37	\$30	\$5
	12258321	12/1 – 12/29	F	8:30 – 9:30 AM	MRC-GYM	\$23	\$19	\$5
	12258321	1/5 – 1/26	F	8:30 – 9:30 AM	MRC-GYM	\$19	\$15	\$5
Yoga Light	12258321	2/2 – 2/23	F	8:30 – 9:30 AM	MRC-GYM	\$19	\$15	\$5
	12258211	12/5 – 12/29	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$43	\$35	\$5
	12258212	1/2 – 1/30	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$49	\$40	\$5
Restorative Yoga	12258213	2/2 – 2/27	Tu/F	8:45 – 10:00 AM	MRC-BLRM	\$43	\$35	\$5
	12258511	12/1 – 12/29	F	12:30 – 1:45 PM	MRC-PEAK	\$41	\$32	
	12258512	1/5 – 1/26	F	12:30 – 1:45 PM	MRC-PEAK	\$33	\$26	
Beginning Tai Chi for Better Balance	12258513	2/2 – 2/23	F	12:30 – 1:45 PM	MRC-PEAK	\$33	\$26	
	12255311	1/2 – 3/8	Tu/Th	2:15 – 3:15 PM	MRC-BLRM	\$93	\$73	
	12255411	1/2 – 3/8	Tu/Th	1:15 – 2:15 PM	MRC-BLRM	\$91	\$73	
Therapeutic Tai Chi	12254911	12/7 – 12/21	Th	10:00 – 11:00 AM	ERC-AA2	\$21	\$16	
	12254912	1/11 – 1/25	Th	10:00 – 11:00 AM	ERC-AA2	\$21	\$16	
	12254913	2/1 – 2/22	Th	10:00 – 11:00 AM	ERC-AA2	\$28	\$22	



PILATES

Program Administrator: Joyce Musgrove • jmusgrove@englewoodco.gov • 303-762-2680

Free Pilates Reformer Demo

Age: 16 yrs. & older
Explore Pilates! Learn the history, how the Pilates reformer works, some mat and reformer exercises and how to get started in our Pilates program. Please register in advance.

Essential Pilates Principles

Age: 16 yrs. & older
Begin with two private sessions to learn the core principles and concepts of the Pilates method. Once you have completed the private sessions satisfactorily, you may move into the Beginning Pilates Reformer class and receive a \$10 discount coupon. These two private classes are a prerequisite for Beginning Pilates Reformer. Call 303-762-2678 to schedule your first private session.
Location: ERC-AA2
12256011 (Two Private Sessions)
Fee: \$82 Resident: \$66

Beginning Pilates Reformer

Age: 16 yrs. & older
Pilates is a method of exercise and physical movement designed to stretch, strengthen, and balance the body. Exercises are low impact and may be adapted for individuals of any fitness level. The exercises are performed on equipment or a mat. The Pilates Reformer is the most commonly used equipment. Pilates improves strength, flexibility, posture, balance and overall body awareness. Beginning Reformer is designed for those who have taken at least two sessions of Essential Pilates Principles.

Continuing Pilates Reformer

Age: 16 yrs. & older
Build upon your experience and learn more dynamic exercises. Enroll in Continuing Pilates Reformer upon completion of four months of Beginning Pilates Reformer.

NEW Pilates Studio in Englewood

We now have a studio dedicated to our Pilates Reformers. Reformers are convenient and ready to use in our Pilates classes. Pilates is a method of exercise and movement designed to stretch, strengthen, and balance the body.

Try out the reformers at our FREE Demos listed on page 49. Register for the demos at englewoodrec.org. The studio is located at the Malley Recreation Center, 3380 S. Lincoln St., 303-762-2660.

Pilates Personal Training

Perfect for beginners needing one-on-one instruction, experienced exercisers ready for advanced moves, athletes wanting to improve performance, individuals in post-rehab following an injury. Each session is 60 minutes. To schedule, call 303-762-2678. Your call will be returned within two business days. Request reformer or mat instruction.
Location: ERC-AA2

Private: One-on-one		
Fee	1 Sessions	\$53
	3 Sessions	\$145
	6 Sessions	\$273
Res. Fee	1 Sessions	\$42
	3 Sessions	\$116
	6 Sessions	\$218
Semi-Private: 2 people		
Fee	1 Sessions	\$83/group
	3 Sessions	\$216/group
	6 Sessions	\$410/group
Res. Fee	1 Sessions	\$63/group
	3 Sessions	\$173/group
	6 Sessions	\$328/group



PILATES CLASS LIST

Class	Activity #	Dates	Days	Times	Instructor	Location	Fee	Res Fee
Free Pilates Reformer Demo	12254211	12/11	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK	FREE	
	12254212	12/12	Tu	1:20 – 2:20 PM	Catherine G.	MRC-PEAK	FREE	
	12254213	1/12	F	2:00 – 3:00 PM	Catherine G.	MRC-PEAK	FREE	
	12254214	1/22	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK	FREE	
	12254215	2/12	M	7:15 – 8:15 PM	Michael D.	MRC-PEAK	FREE	
	12254216	2/20	Tu	1:20 – 2:20 PM	Catherine G.	MRC-PEAK	FREE	
STEP ONE Essential Pilates Principles	12254111					MRC-PEAK	\$84	\$67
STEP TWO Beginning Pilates Reformer	12254311	12/4 – 12/18	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$49	\$39
	12254312	1/8 – 1/29	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254313	2/5 – 2/26	M	6:05 – 7:05 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254321	12/5 – 12/26	T	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$64	\$51
	12254322	1/2 – 1/30	T	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$80	\$64
	12254323	2/6 – 2/27	T	12:10 – 1:10 PM	Catherine G.	MRC-PEAK	\$64	\$51
	12254331	12/1 – 12/29	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$80	\$64
	12254332	1/5 – 1/26	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$64	\$51
	12254333	2/2 – 2/23	F	9:45 – 10:45 AM	Catherine G.	MRC-PEAK	\$64	\$51
	12254411	12/4 – 12/18	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$49	\$39
STEP THREE Continuing Pilates Reformer	12254412	1/8 – 1/29	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$64	\$51
	12254413	2/5 – 2/26	M	9:00 – 10:00 AM	Catherine G.	MRC-PEAK	\$64	\$51
	12254421	12/4 – 12/18	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$49	\$39
	12254422	1/8 – 1/29	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254423	2/5 – 2/26	M	5:00 – 6:00 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254431	12/6 – 12/27	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254432	1/3 – 1/31	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$80	\$64
	12254433	2/7 – 2/28	W	5:30 – 6:30 PM	Michael D.	MRC-PEAK	\$64	\$51
	12254441	12/1 – 12/29	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$80	\$64
	12254442	1/5 – 1/26	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$64	\$51
	12254443	2/2 – 2/23	F	11:00 AM – NOON	Catherine G.	MRC-PEAK	\$64	\$51



ENGLEWOOD LIBRARY

1000 Englewood Parkway • 303-762-2560 • englewoodco.gov/library

Closed for Renovations

The Englewood Public Library will be closed **Friday, November 10 through Sunday, November 12** for renovations. We apologize for the inconvenience, but are looking forward to these much needed improvements to your library. No library materials will be due during this period. We have many resources available to you 24/7 by visiting englewood.marmot.org.

ADULT/TEEN PROGRAMMING

Computer/Tech Classes

First Saturday of the month, 10:30 AM – NOON

Third Wednesday of the month, 6:30 – 8:00 PM

Location: Tech Lab

Basic computer classes covering topics like Computer Basics-Getting Started, eMail 101, eMedia, Microsoft Word, and Smartphones. Please visit the library's website or drop by for details. Public computers are limited, registration required. Feel free to bring your own laptop! See page 28 for details.

Open Tech Lab

Mondays & Saturdays: 10:30 AM – NOON

Thursdays: 4:30 – 6:30 PM

Fridays & Sundays: 2:30 – 4:30 PM

Location: Tech Lab

Individualized technology assistance available with one of our in-house experts on a public computer or your own device.

Get your high school diploma through the Englewood Public Library

The Englewood Public Library is pleased to offer the Career Online High School (COHS) program. COHS is an online high school diploma and career certification program funded by The Englewood Public Library, in partnership with the Colorado State Library and Gale, part of Cengage Learning. Residents of Colorado who have completed eighth grade and are 19 years of age or older are eligible to apply. To learn more, visit englewoodco.gov/library.

English Conversation Circle

Second Saturday of the month, 10:30 – 11:30 AM

Location: Altenbach Room

Let's face it, English can be weird. We're all in this together, so please join us for fun conversation in a casual, inclusive atmosphere. For beginning and intermediate English language learners.

French Conversation Circle

First Wednesday of the month, 1:00 – 2:00 PM

Location: Altenbach Room

Bonjour! Looking for a chance to brush up on your French? We'll gather once a month to practice our French language skills in a supportive, immersive environment. All skill levels are welcome.

Malley Book Club

Location: Malley Senior Center

Third Thursday of the month at Malley Center Library, 10:30 AM

12/21 *Books For Living* by Will Schwalbe

01/18 *Major Pettigrew's Last Stand* by Helen Simonson

02/15 *Remarkable Creatures* by Tracy Chevalier

For adults.

Writer's Group

First and third Wednesdays of the month, 6:30 - 8:30 PM

Location: Altenbach Room

Meet twice a month for writing discussion and practice with prompts and exercises. All experience levels welcome. For adults.

Harplanders

Saturday, December 9, 2:00 – 3:00 PM

Location: Reading Circle

Beautiful live performances by the local Colorado Celtic Harp Society. All ages welcome.

Writer's Retreat

Saturday, January 13 and Sunday, January 14

Location: Englewood Civic Center – Community Room, 2nd Floor

Do you have a book trapped inside your head? As uncomfortable as that sounds, we at the Englewood Public Library can help you with this most serious condition. Join us for a magical, transformative experience at The Writer's Retreat. This two day, multi-session event is bound to help you unleash your inner ink-slinger. Through a combination of insight from award-winning authors and facilitated activities you will walk away with direction – NAY! Purpose. Well, at the very least, inspiration and new tools in your writer's tool belt. For adults & teens. Registration required.

Intro to Non-Violent Communication

Saturday, January 20, 1:00 – 4:00 PM

Location: Anderson Room

Based on the Non-Violent Communication (NVC) work of Marshall Rosenberg and grounded in compassion and the universality of human needs, NVC helps transform patterns of communication that often lead to conflict or disconnection from ourselves and others. Please join this free introductory class and discover the many ways compassionate communication can transform your life.

The Basics: Memory Loss, Dementia, & Alzheimer's

Thursday, February 8, 6:00 – 8:00 PM

Location: Anderson Room

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on diagnosis, risk factors, disease stages, treatment options, and much more. Registration through the Alzheimer's Association is required. Please call 800-272-3900 for information or to register.

For more information about adult and teen programs at the library, please visit our website at englewoodco.gov/library.

CHILDREN'S PROGRAMS

Join us for special programs tied to STEM, Art, Literacy and Music.

No registration required. For program details, please call: 303-762-6960.

For School Age Children:

Thursday After School

12/7 Th 4:00 PM

1/18 Th 4:00 PM

2/1 Th 4:00 PM

2/8 Th 4:00 PM

2/15 Th 4:00 PM

2/22 Th 4:00 PM

For Younger Children:

Toddler and Preschool Extra

12/11 M 10:30 AM

1/9 Tu 10:30 AM

2/12 M 10:30 AM

For All Ages

Winter Break

Need to get the kids out of the house for winter break?

12/21 – 12/22 Th – F 1:00 PM

12/26 – 12/29 Tu – F 1:00 PM

1/2 – 1/5 Tu – F 1:00 PM

Join us for Regular Saturday Activities.

No registration required.

The Storytime room opens every Saturday at 10:00 AM for Open Play Saturday or Legos. Call with the library at 303-762-6960 for details or questions.

Join us for Weekday Storytimes.

No registration required.

BABYSTEPS Wednesdays at 10:30 AM and 2:30 PM

For children up to 18 months with a caregiver

TEETERTOTS Mondays and Tuesdays at 10:30 AM

For toddlers 18 months to age 3

PRESCHOOL Tuesdays and Fridays at 10:30 AM

For children ages 3 – 5

Looking for more Children's Activities? Check out the Active Kids section on page 30 for more!

Conversations Over Coffee

Third Tuesday of the month, 10:30 AM – NOON

Location: Altenbach Room

We have donuts and coffee! If you're currently experiencing homelessness or you're interested in discussing social issues affecting our community, please join us for a warm beverage and a donut. Let's share stories and get to know each other. Open to everyone regardless of housing situation.

BOOK DONATION DAYS

Thank you for your interest in donating books to the Englewood Public Library! Unfortunately, because we have limited space and staff time, we can no longer accept donations throughout the year.

We will accept books on Friday and Saturday, December 8 – 9.

We will be unable to accept books at any other time.

Guidelines for donating books

All donations become the property of the library, and professional staff will determine whether to add them to the collection. Items not added to our collection are donated to other organizations.

Because it costs the Library time and money to sort through items we cannot use, we are unable to accept donations of:

- Encyclopedias
- Textbooks
- Computer books
- Magazines or newspapers
- Any items in bad condition (torn, dusty, moldy)
- Any VHS or cassette tapes

Many local charities, thrift stores, and used book stores accept books and other materials as donations. Be sure to call ahead for information about what materials are accepted. BetterWorld Books (betterworldbooks.com/go/donate) has several collection boxes for books in the area. The Center for Hard-to-Recycle Materials (CHaRM) (ecocycle.org/) also accepts materials for recycling.

Donations to the library are tax deductible. Tax receipts are available if requested, but the library cannot assess a dollar value to any donation.



SPECIAL EVENTS

Santa Calling

Monday, December 18 • 6:00 – 8:00 PM • FREE

Do you know a child who would enjoy a personal phone call from Santa before he comes to town on Christmas Eve? Santa will be connecting with Englewood to talk directly to all the boys and girls, finding out who has been naughty and who has been nice! To register each child, parents will need to complete a Santa Calling form for Santa and return it to the listed locations. Santa's elves will be making calls on December 18 between the hours of 6:00 and 8:00 PM. FREE! Registration forms MUST be received by Monday, December 11. Forms are available at: Englewood Recreation Center, Malley Recreation Center, Englewood Library and at englewoodco.gov. Call 303-762-2680 for more information.



Americans with Disabilities

We are committed to supporting and complying with the American with Disabilities Act. If you require special accommodations, please notify us at least two weeks in advance of the activity.

Policies and Enrollment

All registrations are processed in the order they are received. At the beginning of each registration period, Englewood Resident ID card holders are given priority and are able to enroll two days before others. During this period, non-resident registrations are accepted and prioritized by date/time. Once the priority enrollment period has concluded, all available activity space is filled by non-resident participants in the order received. After this process, all registrations are handled on a first come, first serve basis. All checks are payable to the City of Englewood. Checks are accepted for payment provided they are for the amount of purchase only, local (Colorado), preprinted with customer's name and address, and have a valid Colorado Driver License or Colorado ID card number on them. A \$25

Night of the Stars Talent Show

Singers, dancers, musicians and more – we're looking for performers in grades K-12 to dazzle us! Performers will be placed in categories: K-2nd grade, 3-5th grade 6-8th grade, 9-12th grade. Performances will be judged in the following categories: Voice, Dance, and Variety (musical instruments, jugglers, etc.). No bands please, but groups of acoustic musicians are allowed. Check with Sara for approval at 303-762-2680. Then, first place winners will strut their stuff at the State Competition in Lakewood on March 11. Registration fee is \$5.00 per performer. You will receive rules and information at the time of registration as well as information on how to sign up for an audition.



AUDITIONS: Friday, January 19 from 4:00 – 6:00 PM and Saturday, January 20, 1:15 – 3:30 PM. at the Englewood Recreation Center.

DRESS REHEARSAL: February 7 from 6:00 - 8:00 PM at Hampden Hall.

LOCAL SHOW: 1:00 PM on Saturday, February 10 at Hampden Hall.

STATE COMPETITION: Sunday, March 1 at the Lakewood Cultural Center.

1/19 F 4:00 – 6:00 PM \$8/\$10 11130011

service charge will be assessed on any returned check. For Mail-in Registrations Only: If you would like a receipt for your classes, please enclose a self-addressed, stamped envelope with your registration.

Don't Wait

If you are interested in a class, don't wait to register. We make class/trip decisions based on enrollment. If a class doesn't meet its minimum enrollment, it will be canceled.

Refund Policy

Unable to attend an activity for which you have registered? If you paid on credit card, we will refund your full dollar amount back on your credit card. If you paid in cash or by check, you can transfer your dollar amount to another class/program or retain a household credit to be used in the future. Please note that transfers/refunds/household credits pertaining to the Outdoor Adventures or Excursions program areas have different policies.

ENGLEWOOD HOLIDAY EXPRESS 2017

Start a new family holiday tradition

DECEMBER
8 9 15 16
3:30PM-8PM

BRING THE WHOLE FAMILY AND ENJOY BELLEVIEW PARK IN ITS UNIQUE WINTER SPLENDOR.

BUY EARLY BEFORE WE SELL OUT
 - PRICE INCREASES AT THE DOOR -

\$10 ADULTS
\$7 CHILDREN UNDER TWELVE
 FREE FOR CHILDREN TWO AND UNDER

TRAIN RIDES
SANTA AND HIS WORKSHOP
S'MORES, HOT COCOA & MORE!

CITY OF Englewood
 PARKS, RECREATION & LIBRARY

BELLEVIEW FARM AND TRAIN 5001 S. INCA ST.
PURCHASE YOUR TICKETS EARLY ONLINE AT WWW.ENGLEWOODCO.GOV



EXCURSIONS

Program Administrator: Cheryl Adamson • sadamson@englewoodco.gov • 303-762-2662

Timothy P & the Rocky Mountain Stocking Stuffers

Back by popular demand is Colorado’s finest Western, bluegrass and folk musicians, playing entertaining arrangements of original music and holiday favorites! Early cancellation date: 11/22.

12/2 Sa 1:15 – 4:30 PM \$40/\$32 12061011

Yule Tea at the Glen Eyrie Castle

Set in the Music Room of the Castle, Yule Tea is Glen Eyrie’s most highly anticipated tea of the year! Celebrate this holiday season while drawing closer to those who matter most as you delight in stirring conversations and revel in our new, handcrafted holiday menu and heartwarming teas. Fee includes tea, escort and transportation. Does not include gratuity. Early cancellation date: 11/27.

12/5 Tu 9:30 AM – 2:00 PM \$57/\$45 12061012

Wishbone Restaurant

Super yummy! This family owned and operated business of 55 years must mean something. Famous for their fried chicken, but all the food is good. Meal on your own (range \$11 – \$30). Fee includes escort and transportation.

12/8 F 10:00 AM – 1:30 PM \$15/\$12 12061013

Melodies of Joy – a SOAR! Winter Celebration!

Enjoy this winter celebration of mixed, traditional, contemporary, and international music as we celebrate winter. SOAR is a unique youth and adult choir with diverse needs. Fee includes admission, escort, and transportation. Early cancellation date: 11/27.

12/10 Su 2:30 – 4:30 PM \$27/\$21 12061014

Blackhawk or Central City

Bus will drop you off and pick you up in the heart of it all. You may choose to visit your favorite casino, tour historic sites, or enjoy the mountain air. Activities are on your own. Fee includes escort and transportation.

12/11 M 9:00 AM – 3:00 PM \$17/\$14 12061015

1/8 M 9:00 AM – 3:00 PM \$18/\$14 12061016

2/6 Tu 9:00 AM – 3:00 PM \$17/\$14 12061017

Holiday Lights Tour – Denver History Tours

Come see the glittering lights and the fanciful sights highlighting the holiday season offerings around the metro area. We will head into neighborhoods and into slices of color round the city to entertain your eye. Each year is different, based on our critical reconnaissance. We plan to travel to the western part of Denver and end in downtown. Come along and let us put the holiday twinkle in your eye on this tour of the holiday lights all round our community! Early dinner at Texas Roadhouse on your own. Fee includes step on guide, escort, and transportation.

12/18 M 4:00 – 8:45 PM \$29/\$23 12061018

Keystone Chocolate Village

Spend the day in Keystone exploring, shopping, and viewing this yearly favorite. Don't miss this delicious homemade creation from Keystone Resort’s Pastry Chef Ned Archibald. This handcrafted holiday tradition features 7,000 pounds of chocolate crafted into a miniature alpine village, a working chocolate gondola, a cascading chocolate waterfall, 6-foot-tall white Christmas tree with chocolate presents. This mouthwatering creation gets a special new addition every year. A free shuttle is also available to Outlets at Silverthorne. Lunch and any activities will be on your own. Dress appropriately for cold and ice. Fee includes escort and transportation.

1/4 Th 9:00 AM – 4:00 PM \$26/\$21 12061019

Music at Noon – St. John’s Cathedral

Let’s do a lunch-hour getaway! Saint John’s Cathedral in Denver is hosting these lunchtime concerts that last between 45 minutes to an hour. Join the Colorado Chamber Players and friends in a dazzling program of music from France! From the virtuosic string-writing of LeClair, to the exquisite palette of Ravel, and the sumptuous and grand late work of Chausson, this program will delight listeners of all ages. Breakfast or lunch beforehand at the Egg and I. Meal on your own. Fee includes concert, escort, and transportation.

1/9 Tu 9:30 AM – 1:30 PM \$15/\$12 12061020

Denver Public Library Tour

Denver’s Central Library is the largest library between Los Angeles and Chicago, and each year over a million people visit to view the Michael Graves building. Learn about the unique architecture, art, history, and interesting literary facts in this docent-led tour. After the tour, there will be time to enjoy the library before lunch at Dozens. Meal on your own. Fee includes guided tour, escort, and transportation.

1/18 Th 10:00 AM – 2:30 PM \$16/\$13 12061021

Denver Coroner’s Office

Uncover the fascinating world of what happens just after life ceases. Hear how the investigators interact with law enforcement and families of the deceased. Learn what happens next and what the coroners methodically have to do. View the autopsy room and the self-contained isolation cooler and freezer for body storage. You will leave with a greater respect for coroner’s office professionals. Lunch on your own at Benny’s Cantina. Fee includes tour, escort, and transportation.

1/23 Tu 9:30 AM – 2:00 PM \$18/\$14 12061022

Cracovia – Westminster

Specializing in the tastiest, homemade Polish food, Cracovia’s signature dishes include pirogi, homemade kielbasa sausage, and stuffed cabbage rolls. If you have never eaten Polish food, then get ready to take your taste buds on a delicious ride. Fee includes escort and transportation.

1/26 F 11:00 AM – 1:30 PM \$14/\$11 12061023

Snow Sculptures

Travel to Breckenridge to view the completed works from the 28th annual Breckenridge International Snow Sculpture Championships. Artists from all over the world will carve twenty-ton, 12-foot-tall blocks of snow into pieces of art using only their creativity, inspiration, own two hands and permitted hand tools. Take some time for shopping and lunch at a restaurant of your choice. Dress warm, wear snow boots and moderate walking involved. Fee includes escort and transportation.

1/29 M 8:30 AM – 4:00 PM \$26/\$21 12061024

Lucile’s

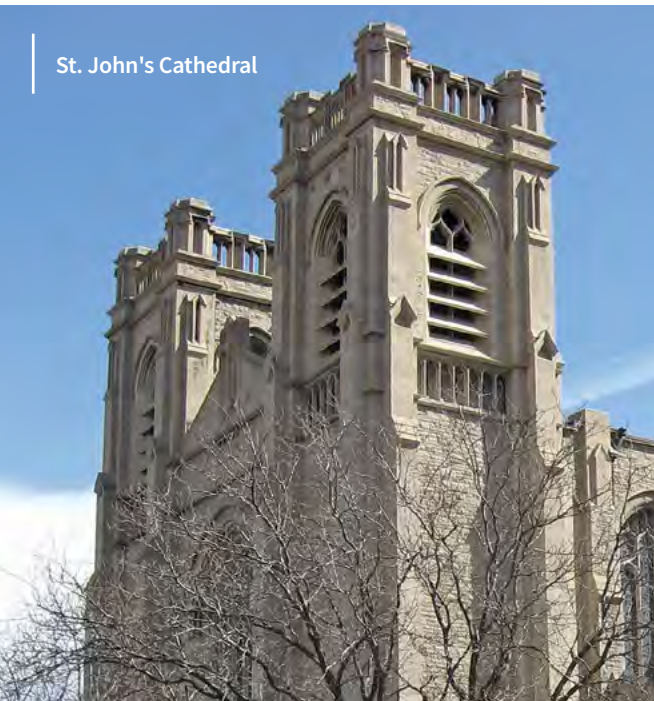
Celebrate an early Mardi Gras with lunch or breakfast at Lucile’s. Lucile’s theme is "Lucile's Creole Cafe, Exploring Creole Cooking from Around the World". Deco, Jazz or Cajun music is constantly floating through the dining room reminding you of your journey to New Orleans. The Mardi Gras beads, alligators, masks and Creole posters used as decoration are there to remind you of the culture and life behind the food. Meal cost on your own. Laissez les bon temps rouler! Fee includes escort and transportation.

2/8 Th 10:00 AM – NOON \$11/\$9 12061025

National Eagle & Wildlife Property Repository – Rocky Mountain Arsenal

Learn and see the global aspects of wildlife trade and the many, many species (exotic and native) involved from all parts of the world, as well as the effects the illegal trade has on our wildlife resources. Witness the eagle evaluation process, and learn how to identify bald eagles from golden eagles and the cultural significance of the eagle to Native Americans. The Eagle & Wildlife Repositories for the United States is located at the Rocky Mountain Arsenal. Lunch on your own afterwards at Bennett’s Bar-B-Q. Fee includes tour, escort, and transportation.

2/13 Tu 9:00 AM – 2:00 PM \$19/\$15 12061026



St. John's Cathedral

Agnes of Glass

Watch this demo as Agnes herself creates one of a kind glass blowing works of art. She will also give us some history on how it all started which has been around for thousands of years. Tour her little gallery afterwards. Lunch on your own at the Butcher Block. Fee includes demo, escort, and transportation.

2/16 F 10:00 AM – 1:30 PM \$33/\$26 12061027

Colorado Home and Garden Show – Colorado Convention Center

Discover the Rocky Mountain region’s oldest, largest and most prestigious garden show where you can find inspiration from the latest ideas and trends in landscaping, gardening and home improvement. Enjoy the multitude of fragrances as you stroll through more than an acre of professionally landscaped gardens. Lunch on your own at the show. Fee includes admission, escort, and transportation.

2/26 M 11:45 AM – 3:30 PM \$20/\$16 12061028

Snowcat Ride – Winter Park

Enjoy this two-hour sightseeing tour of Winter Park Mountain in a heated, private, 12-passenger snowcat. This loop tour travels across beginner, intermediate, and expert trails making several stops along the way for photos. Bring your camera, as the scenery is breathtaking. Dress for the cold weather because you will be walking in snow. After the two-hour tour of the area, we will enjoy lunch at Winter Park resort. Lunch on your own. Fee includes snowcat ride, escort, and transportation.

2/28 W 8:00 AM – 4:00 PM \$96/\$74 12061029

Always, Patsy Cline – Midtown Arts Center

More than a tribute to the legendary country singer, “Always” is based on the true story of Cline’s friendship with a fan that begun in 1961 with continued correspondence until the star’s premature death. Complete with down-home country humor, true emotion, and even some audience participation, this grand ol’ evening features 27 songs, including the unforgettable hits “Crazy”, "I Fall to Pieces", “Sweet Dreams”, and “Walking After Midnight”. Fee includes lunch, show, gratuity, escort, and transportation. Early cancellation date: 2/12.

3/4 Su 10:30 AM – 5:30 PM \$90/\$72 12061030

Brass, Bagpipes & CO: Off-Kilter-Newman Center

Pipers, dancers, and brass, oh my! It’s a full-blown St. Patrick’s Day extravaganza show. If you’re looking for a day of non-stop fun, don’t miss this annual sold-out show. We’re all a little Off-Kilter, so whether you have the Luck O’ the Irish or your gold was stolen by a sneaky Leprechaun, you’ll be guaranteed a grand time with great company. Fee includes ticket, escort, and transportation. Early cancellation date: 3/5.

3/18 Su 1:30 – 4:30 PM \$45/\$36 12061031

Ski & Shopping

See page 40 for trips to the mountain areas. Visit shops and explore Colorado.

EXTENDED TRAVEL

For information on these and more Getaways, pick up flyers at Malley Recreation Center.

COLLETTE 2018

February

Tropical Costa Rica

March

Sunny Portugal

April

Shades of Ireland

May

Discover Washington, D.C.

August

The Best of Eastern Canada

September

Islands of New England

October

Treasures of Northern California



PREMIER WORLD DISCOVERY 2018

February

Discover Panama

March

Historic South

July

Great Canadian Cities

September

Fall Colors & Lighthouses of the Great Lakes

October

Munich's Oktoberfest & Danube River Cruise

South Africa Adventure

Cape Cod & the Islands

December

New Orleans Holiday



ON OCTOBER 14, BROADWAY TRANSFORMED INTO THE
ENGLEWOOD BLOCK PARTY

THANK YOU
SPONSORS, ORGANIZERS, VENDORS AND ATTENDEES
FOR MAKING THE EVENT SUCH A HUGE SUCCESS!



Broadway Lofts
303-781-4060



MUSEUM
OUTDOOR
ARTS



Excursion Policies and Procedures

Participants 18 – 54 years old may register only if space is available on a Malley excursion. Contact the Program Administrator one week prior to excursion to confirm availability. Some excursions have early cancellation dates. It's our policy not to allow anyone on or off the bus other than at Malley Center and our destination. No one will be allowed to disembark anywhere else. Please do not plan to meet the group at the trip destination.

Waiting Lists

If your name is on the waiting list, you'll be called if there are cancellations or if additional spaces are added. When we call the waiting list we don't leave messages. We need to fill the space ASAP and there is no way of knowing when messages will be received.

Trip Times

The time on the receipt is the departure time. Plan to be at the Center at least 15 minutes prior to departure time to check-in. When a trip lists more than one date available, decide which date you prefer and check your receipt to be sure you have the date requested. Return times are approximate. Allow extra time if scheduling personal plans following the activity. No refund will be given if you miss the trip due to being late.

Refunds

For all Excursion or Outdoor Adventures, a refund of the activity fee, less a \$5 cancellation charge, will automatically be given if the cancellation occurs 5 business days (M – F) prior to the date of the activity, unless indicated. Some activities have early cancellation dates. If cancellation occurs within 5 working days of the activity, or after the early cancellation date, a refund (less the cancellation charge) will be given only if the space can be filled. The \$5 cancellation charge (or cost of the activity, whichever is less) will be assessed on all cancellations regardless of the date canceled.

Transfers

If you are unable to attend a class or activity for which you have registered, but prefer to transfer into another activity rather than request a refund, we are happy to accommodate you. There is a service charge of \$5 for such transfer.

Extended Travel

To ensure a space, please register as soon as possible. When registering, please complete the registration form completely. Trip interruption insurance is not always included in the price of the trip. The Center suggests purchasing this item. Costs for tips, baggage handling, meals, attraction fees and refunds are specific to each trip.



The City of Englewood
1000 Englewood Parkway
Englewood, Colorado 80110
303-762-2300
englewoodco.gov

PRSRT STD
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Permit No 534

A vibrant, stylized illustration of a city street scene. In the foreground, a white trolley is partially visible on the left, with a driver looking out. A woman with long red hair, wearing a blue top and orange skirt, stands in the center, holding a black briefcase. To her left, a man in a black shirt and blue pants is walking a small white dog on a leash. Further left, a woman with dark hair in a white top and red skirt is walking. In the background, a man in a yellow shirt and black pants is walking. To the right, a woman in a yellow top and black pants is walking. The scene is set against a backdrop of green trees and a large orange tree. The ground is a mix of green and orange, suggesting autumn. The overall style is modern and colorful.

New Look, New Name – Same Service

The Englewood Trolley (formerly known as the ART Shuttle) will be in service, rolling along City streets soon. See the story on page 13.

Illustration: Christopher Shaw